

LIMONCELLO SOUFFLÉ

By Kate at Amandine

INTRODUCTION

This is one of my favourite desserts - despite what people think about how hard it is to make a soufflé this is a really simple recipe and it has never gone wrong (so far)! The addition of this delicious Italian Lemon Liqueur is perfect for the Spring/Summer months in the Med and to top it off you can serve the dessert with a little shot of Limoncello on the side.

SERVES 8

INGREDIENTS

A little butter for greasing
1 x 325g jar good lemon curd
Finely grated zest of 1 lemon
6 large egg whites
1 pinch cream of tartar
50g caster sugar
2 tablespoons Limoncello
Icing sugar, sifted. for dusting



METHOD

You can get everything ready to go several hours ahead – put the egg whites into a large bowl, cover and chill. Mix the lemon zest into the lemon curd and set aside in a small saucepan ready to heat through. Butter the ramekins or heatproof dishes and sit them on a baking tray and keep in the fridge.

Preheat oven to 200 degrees fan /18 degrees gas 6. Generously butter the ramekins or dishes and put them on a baking tray in the fridge for 15 minutes. Meanwhile in a small pan warm the lemon curd with the lemon zest, then remove from the heat. In a large, clean bowl, whisk the egg whites with the cream of tartar until stiff, then whisk in the sugar, half at a time, until glossy. Mix the Limoncello into the lemon curd then gradually fold it into the egg whites.

Spoon the mixture into the dishes, smooth off using a spatula. Run the end of a teaspoon around the inside rim of each dish – this helps the soufflés to rise evenly. You can at this point put the soufflés in the fridge for about 15 minutes if you want to eat your main course. Bake them for 12 minutes and serve with a dusting of icing sugar.

This can also be done with Grand Marnier