QUEEN
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PREP: 20 min
COOK: 30 min
SERVES:6

Rosewater and Raspberry Souffle

Rosewater, vanilla bean paste and raspberries transform this light, elegant French dessert into something perfect for Sunday lunch, Valentines day or a special occasion.

Ingredients

90g caster sugar

40g butter

1 tablespoon plain flour

1/2 cup (125ml) milk

4 large eggs, room temperature, separated

2 tsp Queen Rosewater Essence

1tsp Queen Vanilla Bean Paste

3/4 cup (100g) raspberries, fresh or frozen

Method

STEP 1

Preheat oven to 180°C (fan forced). Place an oven tray on a shelf on the lower quarter of the oven. Grease 6 ramekins (200ml capacity) thoroughly with melted butter using a brush, brushing butter in an upwards motion around the ramekin. Distribute 2 tablespoons sugar between ramkins and roll suagr around ramekins to coat. Discard excess sugar.

STEP 2

Melt remaining 30g butter over medium heat in a small saucepan until foamy. Add flour and cook, stirring with a wooden spoon for 1 to 2 minutes or until mixture bubbles. Remove from heat. Stirring continuously, add in milk and mix until combined and smooth. Return to heat and cook for 2 to 3 minutes or until mixture boils and thickens, stirring constantly.

STEP 3

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Method

Remove mixture from heat and pour into a bowl. Add remaining sugar, 2 egg yolks, Vanilla Bean Paste and Rosewater Essence. Allow cool for 5 minutes.

STEP 4

While mixture cools, beat egg whites in a large, dry, clean bowl until soft peaks form. Gently fold into warm batter then pour mixture evenly into ramekins. Allow 1cm gap at the top of the ramekin for the souffle to rise and gently tap ramekins on bench top to remove large trapped air bubbles. Place on hot baking tray and bake for 15-17 minutes until risen and golden. Top with raspberries and serve immediately.

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