Julia Child’s Chocolate Souffle

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|  | **Jim – 4 Guys and a Tomato**  **Event:** Bainbridge Island Spouses and Guests, August 19, 2022  **Inspired by:** *The French Chef with Julia Child* (Season 4 Episode 1) |

When I was eleven, my brother and I would come home from school and watch cartoons and the Three Stooges on our black and white TV. When the news came on, we would switch to the National Educational TV (now PBS) station. Back then, there weren’t many channels from which to choose. Watching Julia Child was more entertaining than Walter Cronkite. It was a few days before my twelfth birthday in January 1965 when there she was, making a chocolate souffle. Wow, I just discovered the perfect food! I quickly scribbled the ingredients on the back of my homework, and decided I had to make it (never having cooked, nor used the stove before). Surprisingly I found all the ingredients, except one. I called my mother at work and asked her if we had any “granulated sugar.” She said it was “just ordinary white sugar, why?” “Thanks, I’m going to make a chocolate souffle … bye.”

Everyone agreed, it turned out perfectly. That was the start of my culinary journey.

Ingredients: (makes 6 to 8 servings)

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| 3 | T | Strong Coffee (3 T instant espresso with 3 T hot water) |
| 6 | Oz | Semi-Sweet Chocolate |
| ⅓ | C | Sifted Corn Starch (or potato starch, or rice starch) plus some to coat the dish |
| 1½ | C | Whole Milk |
| ½  1½ | C +  T | Granulated Sugar |
| 3 | T | Butter (room temperature) plus some to coat the dish |
| 7 |  | Eggs |
| ¼ | t | Cream of Tartar |

Directions:

Preheat oven to 375ᵒ with a rack in the middle

Butter a 2-quart souffle dish (approximately 4 inches high and 7 inches across), and coat with corn starch. Knock off the extra starch. Butter enough aluminum foil folded in half lengthwise to form a collar around the souffle dish. Wrap it around the dish, and pin it head down with a straight pin to allow easy removal.

Melt chocolate and coffee in a double boiler. Remove from the heat.

Pour milk into a sauce pan, and add the corn starch (be sure to shift it before measuring). Whisk out the lumps. Add ½ cup of sugar gradually, and beat with a whisk over medium-high heat until the sauce thickens.

Add 3 tablespoons butter to the top of the mixture, which will prevent it from forming a skin, and, of course, to add Julia’s favorite flavor to the souffle.

After a few minutes, mix the chocolate and sauce together in a large bowel. Beat in 5 egg yolks, one at a time.

In a separate bowl whisk 7 egg whites with the cream of tartar until they form soft peaks. Add 1½ tablespoons of sugar and continue whisking until firm peaks form, and the whites are glossy and firm.’

Mix a quarter of the whites into the chocolate mixture to lighten it. Fold remaining whites into the mixture. Pour into the souffle dish.

This mixture can sit for up to 30 minutes with a large pot covering it to avoid drafts.

Warm the dish for about a minute on a burner over medium-low heat.

Bake on middle rack for 55 minutes. Do NOT open the oven, or the change in temperature will cause it to stop rising and fall. After 45 minutes you can test for doneness if you wish by inserting a thin knife through the upper side making sure it reaches the lower middle of the souffle. If it comes out clean the souffle is done.

The souffle must be served immediately (it will start deflating as it cools). As Julia instructs, one must glide it softly to the dining table. Using two spoons back-to-back, puncture and separate the souffle. Serve with whipped cream, vanilla ice cream quenelles, or crème anglaise poured into the center of the souffle.