



Double Red Raspberry Souffles

Delicate and airy dessert souffles with a fruit surprise at the bottom of each cup

Red Raspberry Layer

4 teaspoons granulated sugar

1-1/3 cups fresh or frozen unsweetened red raspberries

4 teaspoons Chambord liqueur or granulated sugar

Souffle

2-1/4 cups fresh or frozen unsweetened red raspberries

1 Tablespoon granulated sugar

3/4 Tablespoon Chambord liqueur

3 large egg whites, room temperature

1/8 teaspoon salt

4-1/2 Tablespoons granulated sugar

As desired: Confectioners' sugar; fresh red raspberries

Before Starting: Preheat oven to 375 degrees F. Coat four 8-ounce souffle cups with nonstick cooking spray. Add 1 teaspoon sugar to each cup and swirl to coat the inside.

Layer Berries: Distribute 1/3 cup raspberries in the bottom of the cups: sprinkle each with 1 teaspoon liqueur. Set aside.

Remove Raspberry Seeds: In saucepan, stir remaining raspberries over low heat until they are juicy or thawed. Transfer to a fine sieve set over a bowl. With a spoon, press berries through the sieve, being careful to extract all the pulp. Discard the seeds.

Form Thick Puree: Return seedless raspberries to saucepan. Bring to a simmer; stir over medium heat until very thick about 5 to 10 minutes. Reduce heat as mixture thickens. Remove from heat; stir in 3/4 Tablespoon liqueur; set aside to cool slightly in medium sized bowl.

Prepare Souffles: In mixing bowl, beat egg whites and salt with an electric mixer on high speed until soft peaks form. Continue to beat, gradually add sugar; beat until stiff peaks form.

Add Raspberry Puree: With a rubber spatula, fold about a fourth of the beaten whites into the reserved raspberry puree to lighten its texture; pour the mixture over the remaining whites. Gently fold the puree and whites together until evenly blended. Spoon mixture into the cups; spreading to the edges of the cups and swirl the center top to puff.

Bake Souffles: Set cups on baking sheet and bake for 10 minutes or until lightly browned on the top. Dust with confectioners' sugar; serve with a few fresh raspberries; serve immediately while warm.

Serves: 4 individual dessert souffles

Cook's Note:

You may use fresh raspberries or frozen raspberries, which are usually available in local supermarkets. The liqueur is optional, and sugar can be substituted in its place. I used some large muffin silicone liner cups in different colors to line my baking dishes to add a rim of color.

Recipe Inspired by: Eating Well magazine March/April 1996

About the Recipe: These individual dessert souffles have a light airy cake-like texture and as your spoon reaches the bottom, you discover a surprise, fresh flavored red raspberries. The burst of sweetness adds a basket of berry flavor. They are easy to prepare and lots of fun to serve.