PINK GRAPEFRUIT SOUFFLES

Moderate | 30 minutes | Dessert | 06 servings

INGREDIENTS

75g caster sugar
50g plain flour
180ml milk
1 tablespoon pink grapefruit rind, finely grated
60ml pink grapefruit juice
1 teaspoon grenadine (optional)
20g butter
3 egg yolks
5 egg whites
1 tablespoon icing sugar

COOKING STEPS

Preheat your oven to 220°C (200°C fan).

Grease six ramekins. Sprinkle inside of dishes with a little of the caster sugar, shake away excess. Place dishes on an oven tray.

Place the remaining caster sugar with the flour in a medium saucepan, gradually whisk in the milk, cook, stirring, until mixture boils and thickens. Whisk in the rind, juice, grenadine and butter, remove from the heat. Transfer the mixture to a large bowl and whisk in the egg yolks.

Beat egg whites in a medium bowl with an electric mixer until soft peaks form. Fold into the grapefruit mixture, in two batches.

Divide the soufflé mixture among the ramekins and bake for about 15 minutes or until puffed and browned. Serve immediately dusted with sifted icing sugar.

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