BASCO
GOURMET SPAIN TO YOUR DOOR

Blackberry Souffle Recipe



PREP TIME
20 MINS

COOK TIME
12 MINS

TOTAL TIME
32 MINS

SERVES 4 PEOPLE

EASY

Ingredients

200g fresh blackberries
1 tbsp cornflour
2 tbsp patxaran liqueur or any blackberry liqueur
2 large egg whites
75g caster sugar
Icing sugar for dusting
Softened butter to grease the ramekins
Extra caster sugar to coat the ramekins

Method

Preheat the oven to 190?C/375?F/Gas Mark 5.

Grease 4 ramekins with the softened butter and the help of a pastry brush, being careful to brush the sides of the ramekin towards the outside to ensure they are well coated with the butter. Coat the ramekins with caster sugar, tapping any excess sugar out. Place the ramekins in the fridge to set.

Place the blackberries in a sauce pan, gently heat for 5 minutes until soft and mushy. In a small cup, mix the cornflour and liqueur, add a bit of the blackberry puree and mix well. Add the cornflour mixture to the blackberries in the pan and stir over a low heat until thick. Pass the mixture through a sieve and allow to cool down. Whisk the egg whites until thick and stiff, add the sugar slowly until the mixture becomes shiny and thick.

Add one large spoon of the meringue to the cold blackberry puree and fold gently being careful not to over mix it, add the remaining meringue and fold evenly.

Spoon the mixture into the ramekins, tap the bottom of them to make sure there are no air pockets and, with the help of a palette knife, level the tops off. Run your finger around the top edge of the ramekin to make the sides even and give an even rise.

Bake in the oven for 12 minutes until well risen, dust with icing sugar and serve immediately.