

Guanaja chocolate soufflé and ice cream with almonds from Provence

Recipe calculated for about 20 ramekins 7 cm in diameter.



SOUFFLÉ MIXTURE

300 g Guanaja 70%
60 g egg yolks
300 g milk
20 g cornflour
200 g egg whites
80 g sugar

Melt Guanaja chocolate.
Boil milk mixed with cornflour.
Pour over melted chocolate and smooth with a whisk.
At the same time, whip egg whites, mixed with sugar, to soft peaks.
Add a bit of whipped egg whites to the first mixture, then add egg yolks.
Smooth and finish the mixture by adding remaining egg whites using a rubber spatula.
Pipe into buttered and sugared ramekins.
The soufflés can be stored before baking for several hours in the refrigerator or for several days in the freezer.

ICE CREAM WITH PROVENCAL ALMOND PASTE, 70% FRUIT

2160 g whole milk
90 g low-fat milk powder
190 g cream
250 g sugar
135 g invert sugar
500 g Provencal almond
paste, 70% fruit
12 g Cremodan SE 30

Mix the Cremodan with ten times its weight in sugar taken from the total amount used in the recipe.
Combine almond paste with milk using an immersion blender.
Heat the milk/almond paste mixture with cream, invert sugar and milk powder.
Add sugar and sugar/stabilizer mixture and pasteurise at 85°C. Cool quickly.
Mix with an immersion blender and then let mature for 12 hours at +4°C.
Freeze in an ice-cream machine.

CRYSTALLISED COCOA NIBS

250 g cocoa nibs Valrhona
120 g syrup at 1.2624 d (30°B)
(1.3 kg sugar and 800 g water)

Combine cocoa nibs and syrup.
Spread out on a sheet and crystallise in a 150°C oven for a few minutes.
As soon as the mixture is hot, stir using a triangular scraper in order to break the mass into small bits, and then finish roasting.
Allow to cool and store in a dry place.

PRESENTATION

Bake the soufflé in a convection oven at 190°C for 6/7 min, depending on the size.

The desired result is a soufflé with a very soft centre.

Place an ice-cream quenelle on a bit of crystallised, ground cocoa nibs, in order to insulate the plate and add a touch of unusual crunch.