



LEMON SOUFFLÉS

Lift spirits by bringing the sunshine inside with this gloriously golden and lusciously light spring soufflé. This comforting classic uses everyday ingredients, and we promise, is much simpler than you may think. Just follow each step and await the perfect rise.

Prep time 30 minutes | Cook time 30 minutes | Serves 4

Rodda's Butter (melted for greasing)	3 teaspoons cornflour
2 lemons	1 tablespoon plain flour
2 Clarence Court Old Cotswold Legbar egg yolks and 4 egg whites	90ml double cream
6 tablespoons caster sugar plus a little extra for the ramekins	110ml full fat milk
	Icing sugar for dusting

Coat the inside of four ramekins with melted butter. Add a sprinkle of sugar to each coating both the sides and bottom. Shake out any excess. Place these in the fridge to chill.

Preheat the oven to 180°C/350°C fan/Gas 4. Put a tray in the middle of the oven.

Finely grate the rind of the lemons, avoiding grating the white pith underneath. Cut the lemons in half and squeeze in the juice. Combine the zest and the juice.

Next, separate the egg whites and yolk. Tip the egg between the two halves of the shell, allowing the whites to slip through into a bowl beneath. Put 2 yolks to in a separate small bowl (saving the other 2 for scrambled eggs tomorrow morning!). Add in 6 tablespoons of sugar into the small bowl of egg yolks.

Mix the cream, flour and cornflour into a bowl until smooth.

Warm the milk in a saucepan until just boiling. Add this to the cream, flour and cornflour mixture a little at a time, whisking in between until the mixture is a thick, creamy consistency. Press any lumps against the side of the bowl to break them up.

Pour the mixture back into the saucepan and set on a gentle heat. Beat vigorously and continuously with a hand whisk until it thickens. Ensure the mixture doesn't stick to the base of the pan. Remove from heat when you feel it has thickened and whisk in the lemon juice and zest a splash at a time. The heat of the pan will continue to cook the mixture.



LEMON SOUFLÉS

Next, beat the egg yolks and caster sugar together to form a thick paste. Add this to the mixture in the saucepan and mix until smooth. When the mixture begins to bubble, take it off the heat. At this point the mixture should look like custard. Put to one side to cool.

Meanwhile, whisk the egg whites in a clean, grease-free large bowl. Whisk until soft peaks form and the egg whites look like clouds.

When the mixture in the saucepan has cooled to room temperature or cooler, add the egg whites one large spoonful at a time using a spatula to fold it in. The aim is to fold in air bubbles without breaking them up. Continue until the mixture is a pale yellow with no streaks of egg.

Fill each ramekin to the brim. Ensure they are level and flat. Run a cocktail stick around the inside of the rim of the ramekin to ensure the soufflés rise without catching.

Place the ramekins evenly spaced on the baking tray for about 14 minutes in the middle of the oven. Don't open the door while they cook but time carefully and at 14 minutes check if they are risen and golden. If using smaller ramekins, reduce the time by a few minutes.

Carefully remove from the oven, dust with icing sugar, serve and enjoy.



clarencourt.co.uk

Follow us on social media for more inspiring recipes, fabulous photography, seasonal collections, competitions and events.



Clarence Court

