



Banana Soufflé

Makes 6 Servings

Learning the classic technique of folding is essential to anyone's cooking. I know of no better way to master the technique than to practice. A soufflé is the perfect vehicle; you get instant feedback. Unfortunately, so many soufflé recipes are tedious and difficult to execute. I stumbled upon a simple soufflé recipe a few years back that used bananas as a base. I've used that recipe over and over again and constantly change the seasonings and spices to match the dinner I serve it with. Here I combine the sparkle of lime with the spice of ginger, both which brilliantly pulls the banana's mellow flavor into the spotlight. Light, airy, easy.

Ingredients:

2 tablespoons unsalted butter, melted
3 tablespoons granulated sugar
2 tablespoons light brown sugar
2 firm but ripe bananas, peeled and mashed, to yield about 1 1/3 cups
1 tablespoon fresh lime juice
1 egg yolk (from a large egg)
Zest of 1/2 of a lime (finely grated using a microplane zester)
1/2 teaspoon ground ginger
3 egg whites (from large eggs)
Fleur de sel

Preparation:

Preheat the oven to 400° F. Lightly coat the inside of six 4- to 6-ounce ramekins with the melted butter. A pastry brush is the ideal tool for this task. Place 2 tablespoons of the granulated sugar into a ramekin and turn to coat the inside. Pour the excess sugar into the next ramekin, turning to coat. Repeat until each ramekin is coated with the sugar.

In the bowl of a food processor fitted with a metal blade add the brown sugar, the bananas, lime juice, and egg yolk. Process until the mixture is smooth. Turn out the combined banana puree into a large bowl. Set aside.

Place the egg whites in the bowl of a stand mixer fitted with the whisk attachment. Beat the eggs on medium-low speed until frothy. Add 1 tablespoon of the granulated sugar and increase the speed to medium-high. Continue beating the egg whites until they are firm and glossy.

Using a large spatula (or spoon/spatula), add 1/4 of the egg whites to the banana mixture and stir to combine and lighten the batter. Gently add the remaining egg whites to the batter bowl and fold the egg whites into the banana batter to create your soufflé mixture.

Carefully ladle the mixture into the prepared ramekins. Smooth the top of each soufflé. Tap each ramekin lightly on a countertop, then using your thumb, carefully slide it along the inside edge of the ramekin, making a small indentation in the

courtesy of www.TheresAChefinMyKitchen.com



soufflé mixture. Transfer the ramekins to a baking sheet and bake for about 15 minutes until the soufflés rise and are golden brown.

To Serve:

Transfer the ramekins to warmed dessert plates using tongs. Serve immediately.

Chef's Note:

For a Latin-Caribbean twist on your presentation, serve the soufflé with caramelized mango, pineapple or banana slices. Simply melt 2 tablespoons of butter and 1 tablespoon of olive oil in a heavy skillet over medium-high heat. When the bubbling subsides, add the fruit to the skillet. Add 2 tablespoons of brown sugar to the pan sprinkling it over the fruit. Toss the coat the fruit with the butter and the melting brown sugar. Allow to cook, and caramelize, about 2 minutes. Do not let the sugar burn. Garnish with Toasted Coconut. Serve immediately.

courtesy of www.TheresAChefinMyKitchen.com