

# Blackcurrant soufflé (Frédéric Bau)

## Ingrédients

- 125g blackcurrant puree (1)
- 25g flour T55
- 125g blackcurrant puree (2)
- 90g egg whites
- 40g caster sugar

## Préparation

1. First recipe from Frédéric Bau's new book, *Gourmandise raisonnée, fruit soufflés*.
2. I chose as my first recipe the one of these soufflés, quick and easy, fat-free and low in sugar.
3. It's really very simple, the only constraint, as for any soufflé, is to make the preparation and the cooking at the last moment.
4. You can use this recipe with blackcurrant puree as I used, but also raspberry or mango puree.
5. Finally, the recipe is for fruit purees without added sugar, I didn't have any, so I used a fruit puree with 10% sugar.
6. Before starting the recipe, butter your moulds and put sugar in them, and preheat your oven to 190°C.
7. Mix the blackcurrant puree (1) with the flour, whisking well.
8. Thicken the mixture over low heat (like a béchamel sauce).
9. Off the heat, add the blackcurrant puree (2) and mix well.
10. Whisk the egg whites and gradually add the sugar.
11. When you obtain a smooth meringue, stop the mixer.
12. Delicately mix the two preparations with the maryse.
13. Put the dough in a piping bag (you can do without, but it will be easier with it).
14. Fill the moulds 2/3 full with dough, leaving a hole in the center.
15. Fill it with about of blackcurrant purée, then cover with the soufflé dough up to the height of the mould.
16. Smooth the surface well, and clean around each mold if necessary.
17. Bake for about 15 minutes (the recipe said 6 to 7 minutes, but I think it varies a lot depending on the oven, the material of the moulds and their size; I left my soufflés for about 15 minutes, less than that they were undercooked).
18. Enjoy immediately !