

Coconut soufflé

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Coconut soufflé

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Sweet, shredded coconut and coconut sugar give this delicate coconut dessert soufflé recipe a light flavour.

Ingredients (serves 8)

- 3 tbsp plus $\frac{1}{2}$ cup coconut sugar, divided
- 1 cup sweetened shredded coconut, toasted if desired
- 1 vanilla pod (use the seeds scraped out)
- $1\frac{1}{2}$ cups organic low-fat milk
- 2 tbsp unsalted butter
- 2 tbsp olive oil
- $\frac{1}{4}$ cup coconut flour
- 4 large free-range egg yolks, at room temperature
- 8 large egg whites, at room temperature
- $\frac{1}{2}$ tsp salt

METHOD

Position rack in lower third of oven; preheat to 180°C. Coat eight ramekins or a two-and-a-half litre soufflé dish (or similar-size baking dish) with olive oil cooking spray. Sprinkle with enough of the

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three tablespoons coconut sugar to generously coat the inside, tilting to evenly distribute; tap out excess. Place ramekins on a baking sheet.

Combine the remaining half a cup of coconut sugar, coconut and vanilla pod seeds in a bowl.

Heat milk in a small saucepan over medium heat until steaming. Melt butter and oil in a medium saucepan over medium to low heat. Whisk in flour and cook, whisking, for two minutes. Slowly whisk in the hot milk and cook over medium to low heat, whisking, until the mixture is the consistency of thick batter, two to four minutes. Transfer to a large bowl. Whisk in egg yolks, one at a time, until incorporated. Whisk in the coconut mixture.

Clean and dry a large mixing bowl and beaters, making sure there are no traces of oil. (Any fat in your egg whites may prevent your soufflé from rising properly.) Beat egg whites in the bowl with an electric mixer on medium speed until foamy. Add salt; gradually increase speed to high and beat until shiny and stiff, but not dry. Do not overbeat: stop when the egg whites hold their shape in the bowl and on the beater but don't look overly dry or lumpy.

Using a rubber spatula, stir one-third of the whites into the egg-yolk mixture to lighten it. Gently fold in the remaining egg whites just until evenly distributed. It's OK if a few white streaks remain. Spoon the batter into the prepared dish(es).

Bake until puffed and firm to the touch, 20 to 24 minutes for ramekins, 38 to 42 minutes for baking dish. (Resist the temptation to take a peek until the last five minutes of baking - an open oven door will let in too much cool air and may interrupt the rising.) Once out of the oven, even a beautifully puffed soufflé will slowly deflate, so go directly to the table to show off its beauty, then serve it at once.

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