

Foolproof Orange Soufflé with Strawberries©

Orange Soufflé – Ingredients:

1 oz.	butter
5 medium	eggs, separated*
2 Tbsp.	sugar
1 Tbsp.	flour
5 medium	eggs, whole
3 Tbsp.	sugar
2 Tbsp.	flour
3 Tbsp.	orange liqueur
3 Tbsp.	orange juice concentrate, frozen
3 Tbsp.	sour cream
1	orange, peel and juice

Method:

Preheat conventional oven to 325°. (A soufflé cannot be baked in a convection oven.)

Spray a deep 9.5 inch pie plate with Pam™. Add butter, put back in oven until butter begins to brown.

Meantime, whip egg whites until very stiff. Add sugar and whip again until sugar is dissolved. Sprinkle flour on top and whip again. Set aside.

In a separate bowl, mix together 5 egg yolks, 5 whole eggs, sugar, flour, liqueur, orange juice concentrate, sour cream and peel and juice from one orange. Fold this mixture into egg whites, a little at a time.

Pour into the center of hot butter in the pie plate and bake 45–50 minutes. Soufflé is done when it is brown and loosened at the edge and risen in the center.

While soufflé is baking, prepare strawberries.

Strawberries – Ingredients:

1 quart`	strawberries, fresh, quartered
1 Tbsp.	orange juice concentrate, frozen
3 Tbsp.	strawberry preserves
6 Tbsp.	orange liqueur
	powdered sugar

Method:

Combine orange juice concentrate, preserves and liqueur. Pour over strawberries and let sit while soufflé bakes. (Can sit 10–12 hours, if you wish to prepare in advance.)

As soon as soufflé is done, sprinkle with powdered sugar. Spoon marinated strawberries over individual servings.

Hint: *This soufflé is not as fragile as some. If you bake it long enough, it will not collapse. If you do underbake, put the strawberries in the collapsed center and say, “I am the boss — I planned it that way!” Don’t call it a soufflé, call it a Strawberry Dessert.*

* This recipe needs a total of 10 eggs.