

Frozen Grand Marnier Souffles

Servings: 4

Source: Epicurious.com (originally from the Lakefront Restaurant) via Bon Appetite March 2000 p.164

Ingredients

- ½ cup Sugar
- ⅓ cup Grand Marnier or Other Orange Liqueur
- 5 large Egg Yolks
- 2 Water
- 1¼ cups Chilled Whipping Cream

Method

Cut out four 14x6-inch strips of foil. Fold each lengthwise in half. Wrap 1 around each of four ⅔-cup souffle dishes. Secure with tape if necessary. Whisk first 4 ingredients in medium metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water) and whisk until thermometer registers 140°F for 3 consecutive minutes, about 10 minutes. Remove from over water. Using electric mixer, beat until cool, about 4 minutes.

Using electric mixer fitted with clean dry beaters, beat cream in large bowl until stiff peaks form. Fold Grand Marnier mixture into cream.

Divide souffle mixture among prepared dishes. Freeze at least 4 hours or overnight.

Remove foil collars from souffles. Serve, passing Bittersweet Chocolate Sauce separately - OR - do a simple dusting of cocoa powder and a few fresh strawberries.

Notes

The souffles did not come above the bowl. It also seemed like a lot of dessert. Maybe a smaller souffle dish with some souffle sticking above it would be nice. Liked the dusting of cocoa.

Bittersweet Chocolate Sauce

½ cup half and half 4 oz bittersweet chocolate, chopped (not bitter or semi-sweet)

Bring half and half to simmer in heavy small saucepan. Reduce heat to low. Add chocolate; whisk until melted and smooth. Cool.

Makes ¾ cup