

CHOCOLATE SOUFFLÉ TART

Ingredients (for 4 people)

- Sweet pastry
- 150 g butter
- 90 g icing sugar
- 30 g almond powder
- 1 g salt
- 225 g flour
- 15 g cocoa powder
- 1 egg
- Cream
- 2 egg yolks
- 125 g whole cream
- 50 g sugar
- 120 g 70% chocolate (couverture)
- Chocolate soufflé
- 5 egg whites
- 110 g sugar
- 180 g 70% chocolate (couverture)
- 10 egg yolks
- 100 g milk
- 40 g cocoa powder

Preparation:

Sweet chocolate pastry

Soften the butter with a beater, then add the salt, icing sugar and almond powder, until the mixture is smooth.

Add the egg while still beating.

Stop beating and add the cocoa powder mixed with the flour in two goes.

Cover the pastry with cling film and put into the refrigerator for 4 hours.

Remove from the refrigerator and roll out the pastry on a floured worktop, turning it to until it is 2 millimetres thick.

Put the pastry into the mould and cut off the surplus around the edge. Cool in the refrigerator again for about 5 - 10 minutes.

Pierce the bottom of the pastry with a fork, so that it does not puff up whilst cooking.

Let it rest for 1 - 2 hours in the refrigerator.

Bake for 10 minutes at 175 °C (th.6). Leave to cool.



Chocolate cream

Heat the cream in a pan. Meanwhile, quickly beat the egg yolks with the sugar.

When the cream comes to the boil, pour it into a cold bowl and add the mixed sugar and egg yolks.

Put back on the heat and stop cooking just before boiling point.

Cover the chocolate cut into pieces with the custard and mix delicately with a rubber spatula.

Use an immersion mixer to make the custard very smooth.

Cover the custard with cling film and leave it to rest in the refrigerator for 6 hours.

Remove the pastry from the mould. With a brush, spread the bottom of the pastry with the chocolate (couverture).

Butter grease-proof paper and put it between the mould and the pastry of the tart to create a paper wall that will support the soufflé when it rises.

Fill the tart halfway up with the chocolate custard, using a piping bag.

Chocolate soufflé

Beat the egg whites delicately.

In a bain-marie, heat the milk, chocolate and egg yolks, stirring constantly.

Add the sugar to the egg whites while continuing to beat them until the meringue is stiff.

Fold in the meringue little by little into the chocolate, egg yolks and milk mixture.

Add the cocoa powder and whisk gently.

Put the mixture into a piping bag and add an even layer on top of the chocolate custard. Smooth the surface with a small spoon.

Bake at 200 °C (th.7) for 8 minutes.

Leave the chocolate soufflé tart to cool for 2 minutes, dust with a little cocoa powder (optional), and serve while still warm.

