

MITTERAND ICE CREAM SOUFFLÉ

Ingredients (For 6 people)

- 3 eggs
- 100 g caster sugar
- 2.5 dl 35% fat cream
- 0.5 dl Val-de-Travers absinthe

Preparation:

Prepare the moulds by lining the upper part with parchment paper and letting it stand up above the edges by approximately 2 cm. Hold in place with elastic.

Beat the eggs and sugar in a mixing bowl. Whip to obtain a creamy mousse, heating in a water bath at 67°C.

Chill on iced water or ice.

Beat the cream into a chantilly.

Add the sabayon cream with the absinthe and stir delicately.

Fill the moulds up to 1.5 cm above the rim.

Place in the freezer overnight.

Remove from the freezer 5 minutes before serving. Remove the paper collar and sprinkle the soufflé with cacao powder. Serve immediately.

Variation:

Make a small well in the soufflé and pour a bit of absinthe into it for a stronger taste.

