
Caramel Praline Souffle`

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 envelope unflavored gelatin
1 1/2 cups cold water
28 caramels
1 tablespoon sugar
5 eggs, separated
1/4 teaspoon salt
1 cup whipping cream, whipped
2 tablespoons sugar
1/4 cup chopped pecans, toasted

Soften the gelatin in 1/2 cup of cold water.

In a covered double boiler over low heat, melt the caramels and sugar with the remaining water. Stir occasionally until the sauce is smooth. Stir a small amount of the hot mixture into the beaten egg yolks. Then add the egg yolks to the hot mixture. Cook for 3 minutes over low heat, stirring constantly. Stir in the gelatin.

Refrigerate for 30 minutes or until slightly thickened, then beat until airy.

In a bowl, beat the egg whites with salt until foamy. Continue beating until stiff peaks form. Fold the egg whites and whipped cream into the caramel mixture. Wrap a three-inch collar of aluminum foil around the top of a one-quart souffle' dish and secure with tape. Pour the mixture into the dish. Chill until firm. Remove the foil collar before serving.

In a skillet over low heat, melt the sugar until clear and caramel-colored.

Add the pecans and stir until well coated. Spoon onto a greased cookie sheet and immediately separate the pecans with two forks. Cool.

Break into small pieces and sprinkle over the souffle' before serving.

Yield: 6 to 8 servings

Dessert

Per Serving (excluding unknown items): 1858 Calories; 133g Fat (63.3% calories from fat); 45g Protein; 128g Carbohydrate; 2g Dietary Fiber; 1386mg Cholesterol; 1200mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Non-Fat Milk; 23 1/2 Fat; 7 1/2 Other Carbohydrates.