
Cold Lemon Souffle`s with Wine Sauce

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 55 minutes

Start to Finish Time: 3 hours 15 minutes

SOUFFLE'S

1 envelope (1/4 ounce) unflavored gelatin

1/4 cup cold water

5 large eggs, separated

2 teaspoons lemon zest

3/4 cup (5 lemons) fresh lemon juice

1 1/2 cups granulated sugar

1 cup heavy cream

WINE SAUCE

1/2 cup granulated sugar

1 tablespoon cornstarch

1 teaspoon lemon zest

3 tablespoons (1 lemon) fresh lemon juice

2 tablespoons salted butter

1/2 cup dry white wine

lemon zest (for topping)

Prepare the Souffle's: Sprinkle the gelatin over the cold water in a small bowl. Let stand for 5 minutes.

In the top of a double boiler over boiling water, combine the egg yolks, lemon zest, lemon juice and 3/4 cup of the sugar. Cook, stirring constantly, until the lemon mixture is slightly thickened, 8 to 10 minutes. Remove the pan from the heat. Stir in the gelatin until completely combined and smooth. Transfer the mixture to a large bowl. Place the bowl in an ice bath and let stand, stirring occasionally, until the mixture has cooled, about 15 minutes. Thoroughly clean the top of the double boiler.

In the top of the double boiler over simmering water, combine the egg whites, and remaining 3/4 cup of granulated sugar. Cook, stirring constantly, until the sugar dissolves and the mixture is hot, 4 to 5 minutes. Transfer to a medium bowl. Beat with an electric mixer on high speed until medium peaks form, 7 to 8 minutes.

In a bowl, beat the cream with an electric mixer on high speed until medium peaks form, 3 to 4 minutes.

Gently fold the egg white mixture into the yolk mixture. Gently fold the whipped cream into the egg mixture. Divide the souffle' mixture evenly among eight (eight-ounce) ramekins or dessert glasses.

Cover and chill for two hours or overnight.

Prepare the Wine Sauce: In a small saucepan, whisk together the sugar and cornstarch. Stir in 1/2 cup of water, one teaspoon of lemon zest and lemon juice until smooth. Bring to a boil over medium-high heat. Reduce the heat to medium and cook until thickened, about 3 minutes. Remove from the heat. Stir in the butter until melted and combined. Stir in the wine. Cover and chill until ready to serve.

Breakfast

Per Serving (excluding unknown items): 426 Calories; 14g Fat (29.1% calories from fat); 6g Protein; 72g Carbohydrate; 1g Dietary Fiber; 173mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 4 Other Carbohydrates.