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# Grand Marnier Souffle

*Hugo's Rotisserie Restaurant - Pittsburgh, PA  
Pittsburgh Chefs Cook Book - 1989*

Servings: 6

**4 ounces all-purpose flour**

**5 ounces sugar**

**1 pint whole milk**

**8 whole eggs**

**GRAND MARNIER SAUCE**

**2 scoops ice cream (French Vanilla)**

**Puff whipped cream**

**1 to 1-1/2 ounces Grand Marnier**

You will need six four-inch casseroles, two-inches deep with straight sides (if the sides were rounded, the souffle would eventually break). The whole idea of the souffle is to capture the expanding air from the egg whites. The egg whites are the key, you want to pull them into the batter, you don't want to destroy that. That is what rises.

Butter the casseroles with clarified butter, using a pastry brush. The sides and the bottom have to be coated. Sugar the casseroles with granulated sugar. There shouldn't be any bare spots. Be careful once you sugar the casseroles not to touch the tops or the rims. The souffles will rise on one side and be lopsided if there are bare spots.

Mix the flour and sugar with two whole eggs, stir until smooth with a whisk. Heat the milk, do not scald, using a heavy bottomed stainless steel pan.

Separate the six remaining eggs, yolks and whites (set aside). Pour heated milk into the flour mixture. Return the heated milk and flour mixture to the pot, cook it very slowly, stirring constantly with a whip to avoid lumps. NOTE: do not scrape the sides and especially the bottom of the pot, milk has a tendency to stick on the bottom. You do not want to get scorching into the batter.

Cook until it's thick, stirring constantly, until it reaches a heavy cream sauce consistency. When it becomes heavier than a custard, do away with the whip and stir it with a wooden spoon. Continue with the wooden spoon, stir until you see the batter coming away from the sides.

Remove it from the heat. Stir in six egg yolks, two at a time. Place the ingredients in a glass or stainless steel bowl. Place in an ice bath to cool the batter down fast. Keep stirring until it is cool. Stirring prevents a skin from forming on the top. The batter may be stored for as many as three or four days at 35 degrees. Use immediately for best results.

Whip six egg whites, one egg white per souffle. Fold them together with the batter very gently. When everything is folded together with a smooth consistency and all looking the same, pour into the casseroles 3/4 to 4/5 of the way full.

Place the casseroles on a small sheet pan and bake at 400 degrees (450 degrees in a regular oven) for 15 minutes.

Make the Grand Marnier Sauce: In a bowl, blend together the ice cream, whipped cream and Grand Marnier liqueur. (You may also put some of the Grand Marnier in the batter, although it might just cook away.)

Pour the mixture into a gravy boat for serving. Place the gravy boat in the freezer until it is a pouring consistency, but firm.

Bring the souffles to the table. Pass the Grand Marnier Sauce. Place a hole in the top of the souffles and spoon on the sauce.

## Dessert

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*Per Serving (excluding unknown items): 316 Calories; 9g Fat (25.9% calories from fat); 12g Protein; 44g Carbohydrate; 1g Dietary Fiber; 260mg Cholesterol; 114mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.*