



Carrot Soufflè

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 80gr. all-purpose flour
2. 80gr. white sugar
3. 2 eggs, separated
4. 30 gr. butter, melted
5. 1 large carrot, peeled and grated

for decorating:

1. 2 carrots
2. 1 tsp butter
3. 1 tbsp white sugar
4. some fresh parsley
5. confectioners' sugar

Instructions

Preheat oven to 180°C. Lightly grease 6 souffle dishes. Beat the egg whites until stiff. In a large mixing bowl beat the egg yolks with the sugar until mixture is fluffy and white in color. Add half of the beaten egg whites and stir carefully. Sift the flour upon the mixture and let it fall into the bowl with the mixture like a "rain". Stir to combine. Add the melted butter and the remaining egg whites. Do not over mix. Add the grated carrot. Pour into the prepared dishes and bake about 20 - 25 minutes.

Meanwhile, combine the butter, the sugar, the carrots and 400ml water in a deep saucepan, bring to a boil and cook at high medium heat until carrots are tender. Dry the carrots and allow to cool. Wash and dry the parsley leafs.

Garnish the each souffle with half carrot, parsley leafs and dust with confectioners' sugar.