



Oatmeal Soufflé

8 servings

For the Pastry Cream

160g Milk
1 Vanilla bean
60g Dark Brown Sugar
20g Oat Bran Flour
5g Cornstarch
4g Ground Cinnamon
2g Ground Nutmeg
2g Ground Cloves
2g Salt
4 Egg yolks
30g Butter

Method

1. In a medium sauce pot combine milk and vanilla bean and bring to a simmer.
2. In a bowl, stir together brown sugar, oat bran flour, cornstarch, cinnamon, nutmeg, cloves and salt.
3. Whisk in the egg yolks until mixture is pale yellow, smooth and fluffy, about 2 minutes.
4. While whisking continuously, gradually add the milk mixture until all the milk is added.
5. Return mixture into the same pot over low to medium heat and continue to whisk constantly until the pastry cream begins to thicken. This will take about 4 minutes. Continue cooking the cream for another 2 minutes or until it starts bubbling. Remove from heat and stir in the butter.
6. Strain and put into a bowl. Immediately place a plastic wrap directly on top of the cream. Chill for 2 hours.

For the Ramekins:

Softened Butter
Turbinado Cane Sugar
8 x 8oz Ramekins
Brush the ramekins with softened butter from the bottom upwards then coat the ramekins with the sugar. Set aside.

For the Soufflé

4 Egg Whites

Splash of Fresh Lemon Juice or Cream of Tartar

1. Pre-heat the oven to 375F.
2. In a bowl of a standing mixer, add egg whites and fresh lemon juice. Start whisking at a medium speed for about a minute. Increase the speed to the highest and mix until soft peaks form.
3. Remove the chilled pastry cream and, using a rubber spatula, smooth out the cream to ensure it is free of lumps.
4. When the egg whites are ready, add a third of the egg whites into the pastry cream and mix until homogenous. Add all remaining egg whites and fold gently until mixture is well incorporated.
5. Spoon mixture into 8oz ramekins, tap the bottom of the ramekins gently to get rid of air bubbles and clean the inside rim of the ramekins by running your thumb around it.
6. Bake soufflé for 15 minutes.

Serve with mixed berries and berry sauce.