

Recipe No. 26/2015

Lemon Soufflé Custard

We are feeling festive at Thermomix SA, and thought we will start planning a Christmas in July dinner menu. What better way to end off a dinner party than with a lovely light spongy lemon soufflé. It is simple, quick and easy. Great served hot or cold. This recipe was received from one of our lovely TM family members Cathy Abrahamse.

Serves 6 - 8 people

NB: Suitable for both TM5 and TM31

Ingredients

4 eggs
225g sugar
rind of 2 large lemons
juice of 2 large lemons
25g butter
50g flour
475g full cream milk



Method - Preheat oven 180°C. Lightly grease 1.4 litre soufflé dish

1. Separate eggs.
2. Insert butterfly into TM bowl, place egg whites into TM bowl, leave MC off to allow more air to be incorporated. Beat **3-4 min/speed 3.5** until firm but not dry. Set aside.
3. Working quickly while egg-whites are standing, place sugar and lemon rind in TM bowl. Mill **12 sec/ speed 10**.
4. Add egg yolks, lemon juice, butter, flour, milk. Blend **10 sec/speed 8**.
5. Fold into egg whites carefully.
6. Pour into soufflé dish.
7. Place soufflé dish into a roasting pan with about 3 cm water. Bake for 30 - 35 minutes.

Cook's notes

- Can be served with custard sauce or thick Greek yoghurt and a ginger biscuit.

thermomix


PORT-A-KITCHEN
An extra pair of hands in the kitchen

Tel: 011 974 1171

www.sathermomix.com