**Chocolate Souffle**

Ingredients:

1 oz Unsweetened Chocolate

15 mL Margarine

2 Eggs, separated

0.5 mL Cream of tartar

60 mL Sugar

15mL Frozen berry concentrate

Method:

1) Preheat oven to 375°. Grease 4 ramekins with margarine.

2) Chop chocolate coarsely.

3) In a bowl over a saucepan over hot (not boiling) water, melt chocolate with margarine, stirring occasionally.

4) In a medium bowl, beat egg whites with cream of tartar until soft peaks form. Gradually beat in 50 mL of the sugar, 10 ml at a time. Continue to beat until stiff peaks form.

5) In another bowl, beat egg yolks with remaining sugar (10mL) for 5 minutes or until thickened. Beat in chocolate mixture and berry concentrate.

6) Using a rubber spatula, fold in 1/4 of the beaten egg whites. Gently fold in the remaining beaten egg whites.

7) Scrape into greased ramekins. Place ramekins onto a jelly roll pan. Bake for 20-25 minutes (do not open door and peek early) or until puffed and almost firm to the touch.

8) Serve immediately.

**Demo Questions:**

1) Which part of the egg contains fat?

2) What are the leavening agent(s) used in this recipe?

3) What will happen to the soufflés as they cool?