

Soufflé Au Grand Marnier

This is a transcription of a recipe from *The French Cookery School* published years ago in parts in *The Observer Magazine* from Anne Willan of La Varenne, in Paris.

Planning

serves:	4
prep time:	30 mins
cooking time:	15 mins

Ingredients

½ pt milk
2 oranges
3 egg yolks
2 oz sugar
1 oz plain flour
3 # 4 tbs Grand Marnier
5 egg whites
icing sugar (for sprinkling)

Method

Butter the soufflé dish being careful to butter the rim generously to prevent sticking. Sprinkle the dish with sugar, discarding any excess.

Scald the milk by bringing it just to the boil. Zest the oranges and beat this together with the egg yolks and half the sugar until thick and light. Stir in the flour. Whisk the boiling milk into the yolk mixture, blend well and return it to the pan. Whisk over gentle heat until boiling and smooth. Simmer for about two minutes or until thickened, remove the pan from the heat and allow to cool slightly. Stir in the Grand Marnier. Rub the surface of the mixture with butter to prevent a skin from forming. (This can be prepared 3 # 4 hours ahead.)

Remove all pith from the oranges and segment them.

20 # 30 minutes before serving, set the oven to very hot (220°C, 425°F, gas 7). Whip the egg whites until stiff, add the remaining sugar and beat 20 seconds longer until glossy. Reheat the Grand Marnier mixture until hot to the touch, remove from the heat and stir in about ¼ of the egg white mixture. Add this combination to the remaining egg white mixture and fold together as lightly as possible. Spoon the mixture into the prepared dish, smooth the surface and quickly decorate with the orange segments. Bake at once in the preheated oven for 12 # 15 minutes or until the soufflé is puffed and brown.

Sprinkle with icing sugar and serve at once.