

Low-cal choc-orange soufflés



serves 4 | prep 15 mins | cooking 25 mins

1 tsp coconut oil, to grease

55g (1¼ cup) caster sugar

2 tbs raw cacao or dark cocoa powder

2 tsp cornflour

125ml (½ cup) reduced-fat milk

1 tbs Grand Marnier liqueur

½ tsp finely grated orange rind

40g dark chocolate (70% cocoa), finely chopped

1 egg yolk

2 egg whites

Raw cacao or dark cocoa powder, extra, to dust

1 Preheat oven to 200°C/180°C fan forced. Grease four 125ml (½ cup) ovenproof ramekins with the coconut oil. Lightly dust with 3 tsp of the sugar.

2 Place the cacao powder and cornflour in a small saucepan. Slowly add the milk, whisking constantly, until smooth and combined. Whisk in the remaining sugar, liqueur and orange rind. Cook over medium-low heat, stirring constantly, for 6 minutes or until sugar dissolves and mixture thickens. Remove from heat. Stir in the chocolate until melted and smooth. Transfer to a bowl. Cool for 5 minutes. Whisk in the egg yolk.

3 Use electric beaters to beat the egg whites in a clean, dry bowl until soft peaks form. Fold one-third of the egg white into the chocolate mixture. Fold in remaining egg white

mixture. Divide among prepared ramekins. Bake for 15-17 minutes or until puffed and just set. Serve immediately dusted with extra cacao powder.