



# Chocolate souffle with phyllo cups

30'

Hands on

30'

Cook Time

6

Portion(s)

1

Difficulty



## Method

### For the phyllo dough

- Preheat the oven to 150° C (300° F) set to fan.
- Spread one phyllo sheet onto your working surface. Drizzle with butter and dust with sugar.
- Follow the same process for all of the sheets by placing each one on top of the other.
- **Cut** into three strips from the larger side, and then cut the strips in half. In that way, you will have 6 square sheets.
- Butter a 6-cup **muffin pan** and share the phyllo pieces. At the center, place a creased parchment paper piece so that they keep their shape while baking.
- Bake for 15 minutes.

### For the souffle

- Preheat the oven to 170° C (340° F) set to fan.
- In a bowl add the couverture cut into small pieces, the butter, and transfer over a pot with simmering water, creating a bain-marie. Mix with a spatula until it melts.
- In a mixer's bowl add the eggs, sugar, vanilla extract, orange zest, and beat with the whisk attachment at medium speed for 3-4 minutes until the mixture is fluffy.
- Add the couverture mixture and beat for 1 minute until the ingredients are homogenized.
- Transfer into a **pastry bag** and fill the cups with the baked phyllo.
- Bake for 15 minutes.

### For the whipped cream

- In a mixer's bowl add the heavy cream, the icing sugar, and beat with the whisk attachment at medium-high speed for 2-3 minutes until the cream thickens and becomes a whipped cream.
- Remove from the bowl and transfer into a pastry bag.

## Ingredients

### For the phyllo dough

- 4 phyllo dough sheets
- 50 g butter, melted
- 30 g granulated sugar

### For the chocolate souffle

- 200 g chocolate couverture
- 100 g butter
- 3 medium eggs
- 50 g granulated sugar
- 1 teaspoon vanilla extract
- zest from 1 orange

### For the whipped cream

- 300 g heavy cream, cold
- 50 g icing sugar

### To serve

- pistachios
- chocolate couverture, melted

## Διατροφικός πίνακας

### Nutrition information per portion

732 Calories (kcal)	55.0 Total Fat (g)	33.0 Saturated Fat (g)	49.0 Total Carbs (g)
37%	79%	165 %	19%
32.0 Sugars (g)	9.5 Protein (g)	2.4 Fibre (g)	0.26 Sodium (g)
36%	19%	10%	4%

To serve

- Remove the souffle from the oven, decorate with the whipped cream, finely chopped pistachios, melted chocolate couverture, and serve.