



Pressure-cooker chocolate soufflé

20'
Hands on

30'
Hands off

40'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

- In a bowl add the solid ingredients, flour, cocoa powder, coffee, the chocolate couverture finely chopped, salt, and mix.
- In another bowl add the wet ingredients, the sugar, butter, vanilla extract, eggs, and mix with a hand whisk until the sugar is dissolved.
- Combine the ingredients of the two bowls and mix with a spatula until there is a uniform mixture.
- Transfer the mixture into a buttered and floured round 18 cm ovenproof dish. Cover with parchment paper and aluminum foil.
- Put the trivet into the pressure cooker, add the water, and place the ovenproof dish with the mixture in.
- Transfer over medium heat, seal with the lid, turn the safety valve to the proper pressure indicator, and simmer for 40 minutes.
- Depressurize the pressure cooker and let the dessert cool for 30 minutes.
- Take it out of the baking dish and serve.

Ingredients

- 200 g all-purpose flour
- 50 g cocoa powder
- 1 tablespoon(s) coffee, espresso powder
- 100 g chocolate couverture
- 1 pinch salt
- 300 g granulated sugar
- 100 g butter, melted
- 1 teaspoon(s) [vanilla extract](#)
- 5 eggs
- 2 liters water

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 382 Calories (kcal) | 16.0 Total Fat (g) | 9.2 Saturated Fat (g) | 50.0 Total Carbs (g) |
| 19% | 23% | 46% | 19% |
| 33.0 Sugars (g) | 7.5 Protein (g) | 3.5 Fibre (g) | 0.18 Sodium (g) |
| 37% | 15% | 14% | 3% |