Chocolate soufflé with grilled pineapple



Used Bresc products



Bresc Lemongrass puree 450g



Bresc Red chilli puree 450g



Ginger puree 450g

Ingredients

4

For the soufflé:

- 85 g plain chocolate, broken into pieces
- 1 egg
- 55 g brown sugar
- 55 g butter (at room temperature)
- 5 cl water
- 1 egg white
- 5 cl Jack Daniels
- 10 g Bresc Red chilli puree

For the pineapple:

- ¼ pineapple
- 10 g cane sugar
- 20 g brown rum
- 20 g Malibu
- 3 g Bresc Ginger puree
- 3 g Bresc Lemongrass puree

For the ice-cream (1.5.l):

- ¾ l cream
- ¼ l full-fat milk
- 250 g sugar
- 125 g egg yolk
- 5 tonka beans

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Preparation method

Preheat the oven to 175 °C.
For the soufflé, grease the moulds with butter, working vertically from bottom to top, then dust them with flour.
Beat the eggs with 1/3 of the sugar and the red chilli until it has multiplied in volume. Heat the remaining sugar in a small pan. Add the water and the whisky until the sugar has dissolved. Add the chocolate and butter. Stir everything and allow to cool a little off the heat. Add the chocolate mixture bit by bit. Whisk the egg white until fluffy. Spoon the egg white into the chocolate mixture. Pour the mixture into the moulds and bake them for 15 to 20 minutes until cooked.
For the pineapple tartare, vacuum the pineapple with the remaining ingredients. Cook it while vacuum-packed at 85°C for 35 minutes. Preheat the barbecue or grill. Grill the pineapple well and allow to cool. Chop it into a neat tartare.
For ice-cream, pour the cream, milk, tonka beans and 125 g of sugar into a large saucepan. Bring them to the boil. Whisk the egg yolk and the remaining sugar at full power until it is white. Allow the flavours to develop for 15 to 20 minutes in the covered pan. Pour the warm mixture onto the white, beaten egg yolks, while continuing to whisk. Stir the mixture well. Stir the mixture well, return the mixture to the pan and heat to about 75 to 80 degrees. Strain the mixture and cool as rapidly as possible. Whisk up the mixture in an ice-cream maker to make ice-cream.

Sprinkle the soufflé with icing sugar and serve with the ice-cream and pineapple tartare.