



Gingerbread Soufflé Recipe

Enjoy this fluffy, festive dessert!



Commonly associated with the winter holiday season, gingerbread has been a popular delight in Europe for centuries. At medieval festivals, one could find this tasty treat, and there were even fairs dedicated to this well-loved spice bread. When the recipe was brought to America, molasses was substituted for sugar, which created a softer, fluffier cake – perfect for soufflés like the recipe below.

Enjoy festive desserts such as this one on board AmaWaterways holiday cruises through Europe, gliding along aboard the most well-decorated ships on the rivers, savoring the seasonal spirit in style.

Ingredients

- 1 cup (250 ml) whole milk
- 1/2 cup (100 g) granulated sugar
(plus additional to grease ramekins)
- 1/3 cup (115 g) molasses
- 1/4 cup (32 g) all-purpose flour
- 6 large egg whites
- 2 tbsp unsalted butter
(plus additional to grease ramekins)
- 2 tsp vanilla extract
- 2 tsp pumpkin spice
- 1/4 tsp kosher salt
- 1/4 tsp cream of tartar
- powdered sugar



Instructions

Makes 8 to 10 soufflés (sized 7 oz each)

1. Preheat your oven to 350°F (175°C). Before mixing any ingredients together, ensure that your ramekins are ready. You can prepare them by adding a light coat of butter to the inside of each, then add sugar to one of them. Rotate the sugar inside until it completely covers the walls and bottom of the dish, then pour the remaining sugar into the next ramekin. Repeat this process until each ramekin is coated in this way.

2. Next, mix the molasses, butter, vanilla and pumpkin spice in a large bowl, then put it to the side for a moment.



3. Add the sugar, flour, salt and milk in a medium saucepan, then bring to a boil over medium high heat. Whisk the mixture continuously until it thickens, then pour it into the bowl used in Step 2. Stir ingredients together thoroughly until they are well-combined, then set aside to cool.

4. Utilize a stand mixer to whisk the egg whites and cream together on high speed until the mixture has high peaks. Once the mixture in the large bowl has cooled, carefully fold the egg white mixture into it. Add about a quarter of the egg whites at a time. Note: Be sure not to overmix the egg whites in, as they are what cause the soufflé to rise.

5. Spoon the soufflé batter into the ramekins, leaving about 3/4 inch of space from the top of the ramekin. This recipe will make 8-10 7oz ramekins, but you can easily cut the recipe in half. Place the ramekins on a baking sheet and bake for 20-25 minutes, until generously risen and a good crust on top. Serve immediately, dusted with powdered sugar.

Bonus: *Add a scoop of vanilla bean or cinnamon ice cream for another layer of sweetness!*

