



# Lemon Curd Soufflés

Serves 4 | Preparation time 20 minutes  
| Cooking time 10 minutes

## WHAT YOU'LL NEED

To Prepare the Ramekins  
1 Tbsp melted butter  
2 Tbsp caster sugar

For the Soufflés  
3 large egg whites  
1 large egg yolk  
50g caster sugar  
2 tsp freshly grated lemon zest  
1 Tbsp fresh lemon juice  
4 Tbs lemon curd

## WHAT TO DO

1. Pre-heat oven to 190C
2. Prepare your ramekins: brush the inside sides of each ramekin with melted butter, using a pastry brush and neat upward strokes. This will help to give the eggs a 'path' upwards as they rise. Spoon in a little caster sugar and gently swirl the ramekins until the inside of each one is evenly and lightly coated. Gently tip out any excess sugar.
3. Prepare the eggs: Separate the eggs, adding the whites to a very clean large mixing bowl and the egg yolk to another medium sized bowl. Whisk the whites (starting on a fairly gentle speed) until stiff peaks, 4-5 minutes. Slowly add in the caster sugar in 2-3 stages, and continue mixing in between, then add in the lemon zest and juice and whisk again until just combined.
4. Add the lemon curd and the yolk and mix together. Add one third of the egg white foam to the yolk and curd mixture and mix gently, then add in the remaining whites, gently folding so as not to knock out all the air.
5. Divide the mixture between your ramekins, piling it fairly high, and then run a finger around the rim of each one to neaten the edges. Gently tap against the counter to expel any large air bubbles. Place on a flat baking sheet and into the oven for 14-16 minutes or until golden and fragrant.
6. Remove from the oven and leave to cool for 4-5 minutes. They will probably sink a little, but this is normal. Just before serving, dust with a little icing sugar, and then serve immediately with a scoop of crème fraiche or double thick cream on the side