



Ribble Valley Food Heaven

Somewhere Rather Tasty

Apple Crumble Soufflé

Recipe supplied by Northcote
Serves 4

Ingredients

For the crumble topping:

90g plain flour,
45g unsalted butter,
55g caster sugar (diced)

For the soufflé:

100g egg whites
40g caster sugar
130g apple purée (Bramley apples)

For the apple purée:

2 Bramley apples
A little fécule (potato starch)

Special equipment:

4 ramekins
Pastry brush
Stick blender
Melted butter and caster sugar (to prepare the ramekins)

Method

1. Prepare the ramekins by brushing the inside upwards with some melted butter. Half fill one of the ramekins with some caster sugar and rotate so that the sugar coats the sides evenly and allow the excess sugar to fall into the next ramekin. Set aside until ready to use.
2. Pre-heat the oven to 175°C (fan assisted). Place the flour in a large bowl and use the tops of your fingers to rub in the butter. Add the sugar and combine well. Scatter over a baking tray and bake for 8-10 minutes or until golden brown.
3. Allow the topping to cool on the baking tray, then break up and transfer to an airtight container until ready to use.
4. Quarter the apples and remove the core, then chop them into small dice. Place the apple pieces in a saucepan, cover with a lid and cook gently (heat level 5) until the apples have broken down. This will take around 20 minutes. Keep the lid on but go back and stir every so often to prevent the apple from caramelising too much.
5. Once the apple has completely broken down, transfer to a blending pot and use a stick blender to blend to a purée. Pass through a sieve back into the saucepan and return to a gentle heat.
6. Slake a little of the fécule with a drop of water and add a little to the apple purée. Cook over a medium to high heat until the purée thickens and just starts to hold. You may need to add a little more fécule to achieve the desired outcome.

7. Pour the egg whites into the spotlessly clean bowl of a stand mixer and add a teaspoon of caster sugar. Set the mixer on medium speed and whisk. When the egg whites begin to rise in volume, gradually add the rest of the caster sugar. Keep whisking until soft peaks begin to form.

8. Place 130g of the warm apple purée into a large mixing bowl. Mix in about $\frac{1}{4}$ of the egg whites, then gently fold in just enough egg whites, you may not need all depending on the thickness of the purée. Spoon the mixture two thirds full into the prepared soufflé moulds and add an extra dot of apple purée. Fill up with the rest of the soufflé mixture and level off using a spatula. Gently tap the base of the ramekin on the palm of your hand. Add a further extra dot of purée in the centre of the soufflé and sprinkle with a little crumble topping.

9. Run your thumb around the rim of the ramekin to allow the soufflé to rise evenly. Place on a baking tray and bake in the oven for 9-10 minutes. Check to see if the centre of the soufflé is firm, if not, return to the oven for a further 1-2 minutes. Dust lightly with icing sugar and serve immediately with a scoop of ice cream.