

Ginger-Pumpkin Soufflé

Serves 8

Ingredients

- 1 ½ cups unsweetened soy milk (do not use low- or no-fat milk)
- 1 tablespoon fresh peeled, minced ginger
- 4 yolks from large eggs
- ¾ cup sugar
- 5 tablespoons all-purpose flour
- 1 cup solid-pack canned pumpkin
- 8 egg whites



Chef Dennis Karim

Directions

1. Preheat oven to 375°. Butter eight 6-ounce ramekins.
2. Over medium heat in a medium-size, heavy saucepan, bring soy milk to a boil. Add ginger; remove pan from heat and cover. Let steep for 30 minutes. Strain soy milk; discard ginger; set aside flavored soy milk.
3. In a large glass bowl, whisk together egg yolks and 6 tablespoons sugar. Whisk in flour until well-combined. Gradually add hot soy milk, whisking constantly to prevent curdling. Return mixture to saucepan over medium heat. Whisk constantly until custard boils and thickens (approximately 2 to 3 minutes) and coats the back of a spoon. Transfer to a large bowl, whisk in pumpkin purée and set aside.
4. Using an electric mixer with whisk attachment, beat egg whites until foamy and slightly opaque. While mixer is on, add remaining 6 tablespoons sugar, one tablespoon at a time. Continue to beat until stiff but not dry. Fold 1/3 of egg whites into pumpkin mixture. Then, add mixture to remaining whites by folding them into the egg whites.
5. Spoon batter into ramekins so it almost fills to the top. Lightly run finger around inside of ramekin to create a moat. Place ramekins in large baking pan and add 1 inch of hot water around the pan once it is in the oven. Bake for approximately 25 minutes until soufflés have risen above the ramekins' rim and are golden brown.
6. Serve immediately.