

Sojaspetsad chokladsufflé med stekta chilibananer

Total tid **345 Min.** 20 Min. Tid för förberedelse **25 Min.** Tillagningstid **300 Min.** Tid för kylning

Näringsinnehåll (per portion):

2.188 kJ / 522 kcal

INGREDIENSER

4 Portioner

Till sufflén

100 g choklad (60 % kakao)
100 g smör
1 ägg
1 äggula
3 msk socker
3 msk fint vetemjöl
2 msk Kikkoman naturligt
bryggd sojasås

Till bananerna

50 g socker
1 apelsin (saft)
1 färsk röd chili, urkärnad
och finhackad
2 bananer

Till garneringen

lite citrontimjan

FÖRBEREDELSE

Steg 1

Melt the chocolate and butter over a water bath, stirring continuously.

Steg 2

Carefully stir the egg, egg yolk and sugar using a whisk, then stir it with the flour and soy sauce into the chocolate mixture and place into silicone soufflé cases.

Steg 3

Leave to cool for around 5 hours, then cook in a pre-heated oven at 200°C for approx. 12–15 minutes until the soufflés have risen slightly on top.

Steg 4

While the soufflés are cooking, heat up the sugar in a pan until it is slightly caramelised, then add the orange juice. Add the chilli and quartered bananas and fry.

Steg 5

Before serving, leave the soufflés to stand for 1–2 minutes, then carefully turn them out on to plates, arrange the fried bananas next to them and garnish with lemon thyme.