



Chocolate Soufflé Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 4

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

- 45 g (1/3 cup) all-purpose flour "[La Merveilleuse](#)"
- pinch of salt
- 20 g (1/4 cup) [cocoa](#)
- 65 g (1/3 cup) light olive oil (important to use a very mild oil to avoid having an olive flavor)
- 60 ml (4 tbsp) cane sugar
- 2 medium eggs (90 g)
- 2 egg yolks (from medium eggs)
- 10 ml (2 tsp) vanilla extract

PREPARATION

1. Preheat the oven to 350 °F (180 °C). Grease and flour 4 ceramic oven-proof coffee cups (or a round glass pan 7 inches in diameter). **
2. Mix together flour and salt; Set aside.
3. In a small saucepan, heat cocoa and oil over low heat; remove from heat as soon as the mixture reaches the boiling point.
4. In a large bowl, combine sugar, eggs and egg yolks and beat at maximum speed with an electric mixer for 5 minutes, until the mixture is very smooth and creamy. This step is crucial to get the perfect sponginess.
5. Gently whisk in cocoa and oil mixture and vanilla extract. Then sift the flour over the mixture and fold gently with a spatula.
6. Pour the mixture into the cups. To have soufflés of the same size and facilitate equal cooking, weigh the portions, which will be about 75 grams each.
7. Place the cups on a baking sheet and bake on the centre rack for about 30 minutes, or until a toothpick inserted in the centre comes out clean.
8. Unmould immediately onto a serving plate.

** I use the term "grease" here because it really is necessary, in order to successfully remove the cakes, not to oil and flour, but to grease well (using coconut oil or margarine) and flour.*



You'll be pleasantly surprised to see your soufflés double in volume when cooked. But be careful to follow all the steps, beat the eggs and sugar well and incorporate the other ingredients very gently, this will ensure the success of these spongy cupcakes!

📖 VARIATION - CHOICE OF MOULD

** We suggest you make this recipe in 4 ceramic cups. Most of the standard coffee cups are ceramic, although you may not know it because it's not necessarily indicated on the cup. This recipe also works very well in a round glass mould 7 inches in diameter.

Photos version in a glass mould:



A



B



C

