

Peach Souffles

Ingredients

- 2 c Peaches (about 3, peeled, chopped)
- 2/3 c Sugar (plus 2 tablespoons)
- 2 T Cornstarch
- 2 T Lemon Juice
- 1/8 t Salt
- 2 Egg Yolks
- 2 T Butter
- 1 t Cream of Tartar
- 5 Egg Whites
- 1 t Powdered Sugar

Instructions

1. Position oven rack to the lowest setting, and remove middle rack. Preheat oven to 425 degrees.
2. Lightly coat 6 (8-oz) souffle dishes with cooking spray. Sprinkle evenly with 2 tablespoons granulated sugar. Set aside.
3. Place peaches and 1/3 cup granulated sugar in a food processor; process until smooth. Combine peach mixture, cornstarch, lemon juice, salt and egg yolks in a medium saucepan, stirring well with a whisk; bring to a boil. Cook for 1 minute, stirring constantly with a whisk. Remove from heat; stir in butter. Cool 5 minutes.
4. Place cream of tartar with egg whites in a large mixing bowl, and beat with a mixer at high speed until soft peaks form. Add the remaining 1/3 cup sugar, 2 tablespoons at a time, beating until

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stiff peaks form. (do not overbeat). Gently stir 1/4 of egg whites into peach mixture, and gently fold in remaining egg white mixture. Gently spoon the mixture into prepared dishes. Sharply tap dishes 2 or 3 times on counter to level. Place dishes on a baking sheet, and place baking sheet on the bottom rack of 425 degree oven. Immediately reduce oven temperature to 350 degrees (do not remove souffles from oven). Bake for 28 minutes at 350 degrees or until a wooden pick inserted in the side of souffle comes out clean. Sprinkle evenly with powdered sugar. Serve immediately.