

# Frozen Grand Marnier Souffles

Andrea Potischman - Menlo Park, CA  
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## Servings: 8

*6 large egg yolks*  
*1/2 cup sugar*  
*1/4 cup orange liqueur*  
*2 tablespoons water*  
*2 teaspoons orange juice*  
*1 teaspoon grated orange zest*  
*1 1/2 cups heavy whipping cream*  
*1 tablespoon confectioner's sugar*

In the top of a double boiler or a metal bowl over simmering water, whisk the egg yolks and sugar until blended. Stir in the liqueur, water, orange juice and zest. Cook over low heat until the mixture is just thick enough to coat a metal spoon and a thermometer reads at least 160 degrees, about 10 minutes, stirring constantly but gently. Do not allow to boil. Immediately transfer to a bowl.

Place the bowl in a pan of ice water for a few minutes, stirring occasionally. Cool to room temperature.

In a large bowl, beat the cream until it begins to thicken. Add the confectioner's sugar. Beat until stiff peaks form. Gently fold into the cooled custard mixture.

Transfer to eight four-ounce ramekins. Smooth the tops. Freeze until firm, at least four hours or overnight.

Garnish with additional orange zest.

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Per Serving (excluding unknown items): 277 Calories; 20g Fat (69.2% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 221mg Cholesterol; 22mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates.