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# Orange Souffle Brulee

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**1/3 cup pastry flour**  
**1 envelope gelatin**  
**3/4 cup white sugar**  
**1 teaspoon salt**  
**4 egg yolks**  
**1 can (12 ounce) frozen orange juice concentrate, thawed**  
**4 egg whites**  
**1/2 cup white sugar (fruit sugar, if possible)**  
**1 1/2 cups 35% cream, whipped stiff**  
**3 tablespoons brown sugar**  
**8 to 10 whole blanched almonds**  
**1 tablespoon shredded coconut or grated orange rind**

Make a collar with foil to extend the height of a seven-inch souffle dish by two inches. Brush the dish and foil with melted margarine.

In a saucepan, combine the flour, gelatin, sugar and salt. Beat the egg yolks and orange juice together and stir into the dry ingredients. Cook over medium heat, stirring constantly, until the gelatin dissolves and the mixture thickens. Cool to lukewarm.

Beat the egg whites to form stiff but moist peaks. Then add the sugar gradually. Continue beating until the peaks are stiff and shiny. Fold the cooled gelatin mixture into the meringue and then fold in the whipped cream. Turn the mixture into the souffle dish. Chill until firm.

Preheat the broiler for 15 minutes.

Sprinkle the top of the souffle with brown sugar and place the almonds. Broil quickly for about 30 seconds or the sugar begins to melt.

Refrigerate immediately.

TO SERVE: Carefully remove the foil rim. Gently pat one teaspoon of shredded coconut or grated orange rind around the sides.

Yield: 6 to 8 servings

## **Breakfast**

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*Per Serving (excluding unknown items): 7785 Calories; 630g Fat (68.5% calories from fat); 273g Protein; 380g Carbohydrate; 79g Dietary Fiber; 851mg Cholesterol; 2570mg Sodium. Exchanges: 15 Grain(Starch); 29 1/2 Lean Meat; 5 1/2 Fruit; 109 1/2 Fat; 3 Other Carbohydrates.*