

Chocolate Soy Soufflé with Fried Chilli Bananas

Total time **345 mins** 20 mins preparation time 25 mins cooking time 300 mins cooling time

Nutritional facts (per portion):

2188 kJ / 522 kcal

INGREDIENTS

4 portion(s)

To make the soufflé

- 100 g** chocolate (60% cocoa)
- 100 g** butter
- 1** egg
- 1** egg yolk
- 3 tbsp** sugar
- 3 tbsp** plain flour
- 2 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)

To make the bananas

- 50 g** sugar
- 1** orange (juice)
- 1** fresh red chilli pepper, cored and chopped
- 2** bananas

As a garnish

- a little lemon thyme

PREPARATION

Step 1

Melt the chocolate and butter over a water bath (bain marie), stirring continuously.

Step 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.

Step 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.

Step 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.

Step 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.