

Tryn's pastry chef shares his soufflé recipe for World Baking Day

Upscale your dessert repertoire for World Baking Day on Sunday, 16 May and whip up a deliciously delicate soufflé with the help of Tryn Restaurant's talented pastry chef, Mark Festus.

Chef Mark, who has been baking up a storm at Steenberg Vineyards for the past 13 years is expert at making the perfect soufflé: "One of the highlights as a pastry chef was making 100 soufflés for a function and every single one turned out to be awesome!"

His passion for pastry and desserts started at a young age helping his godmother on Sundays preparing puddings and cakes. While honing his skills at Silwood Cooking School, Chef Mark found himself gravitating towards the pastry section during his in-service training.

"I have had the opportunity to work alongside amazing and talented chefs. Being patient and calm is a big bonus as pastry is an art. I am very passionate about what I do and love every moment doing it," adds Chef Mark, who is in his element at Tryn, grabbing every opportunity to express his creativity.

Making a perfect soufflé need not be as daunting as you may think. Take a leaf out of Chef Mark's recipe collection and give his sumptuous soufflé a try.

Grand Marnier and white chocolate soufflé

Pastry cream (10 portions)

300ml orange juice

150ml milk

2 eggs

10g sugar

25g cornflour

25g butter

Place the orange juice in a pot and bring to the boil.

Cook until the liquid has reduced to a third (100ml).

In a bowl, mix the eggs and cornflour together.

In a separate pot, mix the milk and sugar and bring to the boil. Whisk this into the egg mix bowl.

Pour the egg mix back in the pot and cook until thickened.

Whisk in the butter and reduced juice.

Soufflé (10 portions)

Pastry cream

60g grated white chocolate

Whites of 8 eggs (egg whites should weigh 250g)

60g sugar

10ml Grand Marnier

In a bowl, mix the pastry cream and white chocolate together.

In a separate bowl whisk the egg whites. When frothed up add the sugar a little at a time while whisking. Whisk until stiff peaks form.

Mix a small amount of the meringue into the pastry cream and then fold in the rest of the meringue making sure you don't over mix.

Pour into a prepped ramekin and scrape off the excess on the top making sure it's even on the top and the sides are clean. This will make sure the soufflé rises evenly.

Place in an oven at 175°C for 12-15 minutes

Take out gently and enjoy.

