

Lime Souffle

Time-Life

Serves 6

1 c strained fresh lime juice (typically 8-10 limes)

Put into a heatproof bowl.

1 envelope unflavored gelatin

Sprinkle onto the juice & let soften 3 minutes.

Set bowl into skillet of simmering water & stir over low heat until gelatin dissolved.

Remove skillet from heat, leaving bowl in water to keep warm.

1 c evaporated milk

Heat in a large saucepan until bubbles form around pan. Remove from heat.

6 egg yolks

Beat until well blended.

1 1/4 c sugar

Slowly add & continue beating until thick ribbon falls from beater.

Beating constantly, add hot milk, then put back into pan.

Stir over low heat until custard coats a spoon. Don't let boil!

Remove from heat & stir in gelatin mixture.

3 T lime rind

Add. Transfer to bowl. Set aside & cool to room temperature.

4 egg whites

Beat until firm peaks. Stir 1/4 amount into custard. Pour rest of over the whites & fold.

Put into dish (or dishes) & refrigerate at least 3 hours.

1/4 c coarsely grated fresh coconut

Toast in 325 deg oven for about 15 min until light brown.

Garnish soufflé before serving with coconut & extra lime rind.

NOTE: I prepared the coconut, but then left it off as it doesn't add much and there is another coconut dessert.

Susan Plummer

