

# Little Lemon or Orange Souffles

## INGREDIENTS

8 large lemons or oranges

4 large eggs, separated

1/2 cup caster sugar

2 tablespoons all-purpose flour

Confectioners' sugar, for dusting

## DIRECTIONS

1. Preheat the oven to 220°C/Gas mark 7. Line a baking sheet with baking paper. Cut the lemon or orange in half and a thin slice off the bottom so the lemon sits flat on the baking sheet.
2. Scoop out the flesh from each lemon/orange into a sieve placed over a bowl, squeezing the juice into the bowl; set aside. Place the hollowed-out lemons on the baking sheet.
3. Put the egg whites and ¼ cup sugar in the bowl of an electric mixer or a large mixing bowl and beat on a low speed (using the mixer or a handheld electric whisk) until the mixture becomes frothy. Gradually increase the speed, whisking until the meringue is glossy and holding soft peaks. It should only take a couple of minutes to get to the soft-peak stage; take care to avoid over-beating.
4. Combine the egg yolks, the remaining ¼ cup sugar, ¼ cup lemon juice and the flour in another large bowl and whisk until pale yellow. Whisk in a third of the meringue to loosen the mixture, then gently fold in the rest of the meringue, using a large metal spoon.
5. Spoon the mixture into the lemon shells to just below the rim. Place the baking sheet in the top of the oven and lower the oven setting to 190°C/Gas mark 5. Bake for 8 minutes, until the soufflés have risen above the rims and the tops are golden. Don't open the oven any sooner to check them, as the cool air rushing in may cause the souffles to collapse. If they need a little longer, shut the door quickly and give them another minute or two.
6. Remove the soufflés from the oven, sift over a little icing sugar and/or a little cocoa if you fancy and serve immediately - soufflés are just desperate to deflate.