



## Soufflé de Taronja Gelat (Frozen Orange Soufflé with Orange Liqueur)

**Serves 10-12 people**

**Start preparation at least 12 hours ahead**

Minced zest of 3 oranges (3 loose tablespoons)  
3/4 cup sugar  
1 cup freshly squeezed orange juice, strained  
7 eggs, separated  
1/4 cup orange liqueur  
1 cup heavy cream, whipped (not quite to stiff peaks)

**As a garnish:**

1 orange, 1 peach, 1 nectarine, peeled and cut into wedges  
(the orange without membrane)

Chill a 5- or 6-cup soufflé dish in the freezer.

In a small heavy saucepan, combine orange zest, sugar, and orange juice. Bring to a boil and cook until syrup reached thread consistency or registers 230° F on a candy thermometer. Meanwhile, beat egg yolks in a blender or food processor. With motor running, add syrup to egg yolks in a thin stream. Continue whirling for 5 minutes. Blend in liqueur. Transfer to a large bowl. Beat egg whites until stiff and fold them into egg yolk mixture. Immediately, gently fold in whipped cream using a spatula or a balloon whisk. Pour into chilled soufflé dish and freeze until firm, about 10 hours.

To unmold, pass a knife around edge of soufflé dish and dip it for 5 seconds into a pan or sink filled with hot water. Invert mold onto a serving platter, garnish with fresh fruit wedges around the soufflé and serve immediately.

**Wine Pairing:**

Marimar Estate Blanc de Noirs

**Recipe from:**

*The Catalan Country Kitchen*, page 129  
by Marimar Torres