



Quark soufflé, pistachios, cloudberryes



Rezept für 4

Ingredients for the soufflé mixture

250 g low-fat quark
20 g cornflour
2 egg yolks
Fresh vanilla
3 tbsps pistachios, chopped
Lemon zest
2 egg whites
40 g sugar
Butter

Ingredients for the cloudberry compote

250 g cloudberryes
50 g sugar
1 lemon
50 ml orange juice
1 pinch of cinnamon

To prepare the soufflé mixture

Mix together the low-fat quark, cornflour, egg yolks, vanilla, chopped pistachios and lemon zest. Beat the egg whites and sugar until stiff and fold into the mixture. Butter the soufflé dishes and dust with sugar. Fill the dishes approx. 2/3 full with the mixture, place the dishes in a water bath (water just over the base) and bake in the preheated oven for approx. 20 to 25 minutes at 200 °C with the hot air setting.

To prepare the cloudberry compote

Allow the cloudberryes to drip-dry from a sieve. Caramelize the sugar and deglaze with the drained liquid from the cloudberryes. Add the juice of a lemon, the orange juice and the cinnamon, leave to reduce slightly and then add the cloudberryes. Bring the whole mixture to the boil then serve.

Cooking level

Preheated 20-25 minutes | Hot air setting at 200 °C