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**Preparation time:** 40 minutes  
**Cooking time:** 55 minutes



## Ingredients

### For the apricots (sous vide):

750 g fresh apricots  
2 tbsp sugar  
1 tahitian vanilla pod  
250 ml Monbazillac  
(or another strong dessert wine such as Sauvignon Blanc Beerenauslese, Gewürztraminer Auslese, etc.)  
Lemon balm or peppermint for garnish

### For the soufflé:

90 g sugar  
200 g goat cheese  
4 egg yolks (80 g)  
Pulp of ½ vanilla pod  
Zest of ½ untreated lemon or Persian lime  
4 egg whites (90 g)  
1 pinch salt  
6-10 small soufflé forms  
Butter and sugar for the forms

## Preparation

### For the apricots (sous vide):

Wash the apricots, lightly score the skin of the fruit and then blanch in boiling water until the skin begins to separate. Then cool immediately in ice water. Peel the fruits, cut in half, and remove the pits. Next place the apricot halves into a bowl and sprinkle with the sugar. Cut the vanilla pod in half, scrape out the pulp; add the pulp and pod to the fruit. Pour in the Monbazillac, carefully mix everything, and put into a sous vide vacuum bag. Spread the fruit so the pieces are flat and then vacuum with 100%. Cook sous vide in the **fusionchef** sous vide water bath at 62 °C for 25-30 minutes. Then cool in ice water and allow to marinate for 1-2 days before consumption.

### For the soufflé:

On the day of cooking, grease the soufflé forms with butter and sprinkle with sugar. Select a flat container large enough to contain all of the forms during baking. Line it with paper towels and fill approximately 4 cm deep with water. Warm in an oven at 200 °C (without the forms).

To make the soufflé mass, mix the goat cheese, egg yoke, vanilla pulp, and lemon until smooth. Beat the egg white with one-third of the sugar and a pinch of salt. When the egg white begins to thicken, add the rest of the sugar in small amounts, adding more each time only when the beaten egg whites are again stiff. After the final addition, beat them for one minute until stiff.

Stir one-third of the beaten egg whites into the goat cheese mixture, then carefully fold in the rest in order to preserve as much volume as possible. Fill the mass into the forms leaving 1 cm of headspace. Tap quickly and place into the prepared water bath in the oven. Bake for 20 to 25 minutes until golden brown; turn off oven and allow to rest. To serve, keep in forms or remove as preferred. Dust with powdered sugar and serve apricot halves in Monbazillac separately. Garnish with some fresh lemon balm or peppermint as desired.

**Tip:** If you would like to make the fruit in larger quantities and store them for a longer period of time, you can use canning jars for this purpose. However, you will want to increase the amount of sugar and cook the completely sealed jars at a water temperature of 62 °C for at least 60 minutes. Then remove, allow to cool, and

# Sous vide apricots in Monbazillac



store in a cool place.