

World Gourmet Summit 2006  
Culinary Masterclass  
Singapore Tourism Board, Auditorium

20 April 2006 / 9.30am to 11.00am

PASSION FRUIT CRÊPE SOUFFLÉ

Presented by:  
Masterchef Laurent Tourondel

**Serves 6**

**Ingredients:**

**Pastry Cream**

2 cups milk  
1 vanilla bean pod  
4 egg yolks  
1/4 cup sugar  
2 tbsp cornstarch

**Passion Fruit Sauce**

6 tbsp sugar  
1/4 cup water  
2/3 cup passion fruit puree  
3 tbsp butter  
3 passion fruits, halved

**Crêpes Soufflé**

3 cups milk  
10 tbsp unsalted butter, divided  
12 whole eggs  
3/4 cup sugar, divided  
3/4 cup all-purpose flour  
  
1/2 tbsp granulated sugar  
3 tbsp confectioner's sugar, divided



## Method

1. For the pastry cream: Pour the milk in a medium-sized saucepan. Split the vanilla bean pod lengthwise and scrape out the seeds with a small knife into the saucepan. Bring the milk mixture to a boil, and then reduce the heat and keep simmering on the stove.
2. Mix together the egg yolks, sugar, and cornstarch in a mixing bowl, whisking constantly, pour in the hot milk over the egg yolk mixture in a thin stream until smooth and well blended. Return the mixture to the saucepan and cook over medium heat. Stir constantly with a whisk until sauce thickened and has a smooth consistency. Pass the pastry cream through a fine strainer into a clean bowl. Cover with a piece of plastic to prevent a thin membrane from forming. Refrigerate until completely cold.
3. For the passion fruit sauce: Place the sugar and water in a pot and bring mixture to a boil. Reduce the heat and cook for about 4 minutes without stirring until mixture turns light amber in colour. Add the passion fruit purée and cook for 2 minutes more. Just before serving, remove pot from the heat and whisk in the butter. Scoop the seeds and pulp from the passion fruits and add them into the sauce.
4. For the crêpes soufflé: Bring the milk and 8 tablespoon unsalted butter in a small saucepan over medium-high to a boil.

Beat the egg yolks and 6 tablespoon sugar in a large electric mixing bowl on high speed for 30 seconds. Add the flour and beat on high for 1 to 2 minutes or until creamy and white. Slowly pour in the boiling milk and mix until blended.

Beat the egg whites in a large clean bowl with clean beaters until stiff and foamy. Slowly add the remaining 6 tablespoon sugar and continue beating until the egg whites form peaks when the beaters are lifted. Gently fold the egg whites into the egg yolk mixture with a rubber spatula.

5. Warm a 25-cm ovenproof sauté pan with 1/2 teaspoon butter over medium heat. Ladle 230ml of the batter into the sauté pan and cook for 10-20 seconds; then transfer the pan to a preheated oven at 190C for 3 minutes to bake until it rises and set.

Place a large sheet of wax paper on a dinner plate. Carefully slide the crêpe onto the wax paper with the bottom facing the plate. While

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**To Serve:**