

LION HOUSE CARROT SOUFFLÉ

Inspired by the Lion House— A light, velvety, gently sweet holiday soufflé — nostalgic, warm, and effortlessly elegant.

Source: The Gilded Table – November Edition

Prep Time: 20 minutes | **Bake Time:** 45 minutes

Yield: Serves 6-8



Recipe Description

Soft, airy, and lightly sweet, this inspired-by Lion House carrot soufflé tastes like a cross between a delicate custard and a warm holiday pudding. Puréed carrots are folded into a buttery base with eggs, sugar, and a whisper of vanilla, then baked until gently puffed with a golden, slightly cracked top. It's an unexpected but beloved Thanksgiving side — comforting, nostalgic, and beautiful on the table.

Ingredients

For the Soufflé

- 2 pounds carrots, peeled and sliced
- ½ cup unsalted butter, softened
- 1 cup granulated sugar
- 3 large eggs
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Optional Garnish

- Light dusting of powdered sugar
- Fresh mint or parsley
- Small dollop of whipped cream (for a more dessert-like presentation)



Inveniam viam aut faciam.

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Directions

1. **Cook the carrots:** Place sliced carrots in a large pot of boiling water.
Cook until very tender — 20 to 25 minutes. Drain well.
2. **Purée until silky:** Transfer hot carrots to a food processor or blender and blend until completely smooth. Set aside briefly to cool slightly.
3. **Prepare the batter:** In a large mixing bowl, cream together the softened butter and sugar. Beat in the eggs one at a time, mixing well after each addition.
Add the flour, baking powder, vanilla, and salt. Stir in the warm carrot purée until the mixture is smooth and vibrant.
4. **Bake:** Pour into a greased 2-quart baking dish (or several smaller ceramic ramekins). Bake at 350°F (175°C) for 40–45 minutes, or until the top is lightly puffed, set in the center, and has small golden cracks around the edges.
5. **Serve warm:** Let cool for 5–10 minutes to allow the soufflé to settle slightly.
Serve warm with your holiday meal.



Notes

- For a more “Parisienne” touch, add 1 teaspoon Dijon mustard to the sauce.
- A handful of slivered almonds can be added to the topping for a vintage Christmas variation.
- Dish can be assembled ahead and baked just before serving.

