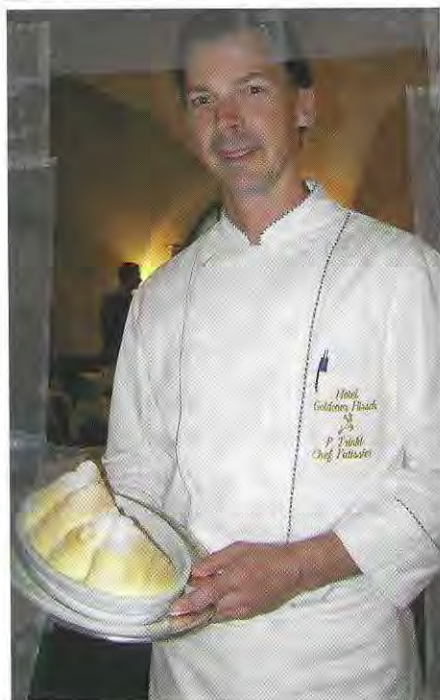


die Stadt Salzburg in Österreich / Austrian city of Salzburg

Salzburger Nockerln: “Sweet as Love and Tender as a Kiss”

version of this dish at the historic Goldener Hirsch on Salzburg’s picturesque Getreidegasse. The ultra-modern Carpe Diem, on the same street, serves this traditional Salzburg specialty with a new twist, in the style of the restaurant’s “Fingerfood”: three miniature mounds of soufflé on a rectangle of slate, with a flourish of vanilla sauce garnished with cranberries. Next thing you know, someone will probably even invent a Salzburger Nockerln ice cream.



Salzburger Nockerln is typically served on a small pool of thin vanilla custard of a berry coulis.

SALZBURGER NOCKERLN

Salzburg Soufflé Dumplings

Salzburger Nockerln should be made in a pan that is suitable for serving at the table. The Nockerln must go directly from the oven to the table and cannot be transferred to another serving platter beforehand. This recipe is for 2 to 4 servings, so you need to make 4 peaked mounds of soufflé in the pan.

TIP: First separate the eggs that have already come to room temperature. Have all the other ingredients ready before you begin beating the eggs. If you’re skilled at using a large balloon whisk to beat egg whites, you’ll produce even lighter dumplings than with an electric mixer.

- 3 egg yolks, at room temperature
- 1 teaspoon finely grated fresh lemon zest
- 1 teaspoon vanilla extract
- ¼ teaspoon freshly grated nutmeg
- ½ teaspoon salt
- 2 teaspoons all-purpose flour
- 3 tablespoons butter
- 2 tablespoons milk
- 4 tablespoons confectioners’ sugar (divided use)
- 5 egg whites, at room temperature
- ½ teaspoon cream of tartar
- Sifted confectioners’ sugar (garnish)

Preheat the oven to 425° F. In a large bowl, whisk the egg yolks until they are light in texture and pale lemon-colored. Whisk in the lemon peel, vanilla, nutmeg, and salt, then sift in the flour and whisk lightly to mix well.

Put the butter, milk, and 1 tablespoon of confectioners’ sugar together into a 10-inch oval au gratin pan (or 10-inch round baking pan or heavy ovenproof skillet). Place the pan in the oven, checking frequently while continuing with the rest of the recipe, to make sure the butter mixture doesn’t burn.

Meanwhile, beat the egg whites in another large bowl with an electric mixer on low speed until the whites are foamy. Increase mixer speed to medium and continue to beat while sifting in the remaining 3 tablespoons of confectioners’ sugar and the cream of tartar. Then beat on high speed until the egg whites stand up in stiff peaks, but are still glossy (not dry). Stir 2 heaping tablespoons of beaten egg whites into the egg yolk mixture, to lighten it, then carefully fold the remaining egg whites into the yolk mixture for about 1 minute. Do not overfold or the egg whites will deflate.

Remove the pan from the oven, and tilt it to spread the hot butter mixture evenly over the bottom. Working quickly, use a large mixing spoon to make 4 large, mounds of the soufflé mixture, each peaked on top, sitting on the hot butter mixture. (The mounds should touch each oth-