**Apricot Soufflé**

Apricot Soufflé is one of my favourite recipes from *Clancy of the Overflow* (sometimes history and people are best described by what they eat). Apricot soufflé can be made in a camp oven while droving, if you’ve dried apricots and can a few eggs, but it’s better made in an oven.

It’s a simple, low calorie pudding. The scent of apricot will pervade the kitchen

*You’ll need:*

* 4 egg whites, beaten till stiff (use older eggs, at least four days old, if possible)
* 2 tbsp sugar (optional)
* 1 cup dried apricots, soaked and mashed
* 1 1 drop (no more) of almond flavouring (optional)

*Method:*

The day before, put apricots in a saucepan and pour water until apricots are just covered. Bring to the boil, cover and the soak overnight

When ready to bake, preheat oven to 250°C.

Drain the apricots, mash and blend with egg whites gently.

When stiff peaks form, add the sugar and the almond flavouring.

Place in a straight-sided baking dish in hot oven and bake for 15 minutes.

Serve at once, with cream and/or icecream on the side, at once before it falls.