

JAPANESE SOUFFLÉ CHEESECAKE

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souffle-japanese-cheesecake/](https://www.justonecookbook.com/souffle-japanese-cheesecake/)



Usually, you will see 3 Types of Cheesecakes in Japan.

Baked Cheesecake is the typical cheesecake. It has eggs, cream cheese, heavy cream, and flour, and it's baked in the oven. Some have a biscuit crust on the bottom; some don't.

Rare Cheesecake is a “no-bake cheesecake” outside of Japan. The cream cheese and heavy cream are mixed with gelatin or lemon juice, then poured over the biscuit crust, and cooled to set inside the refrigerator. Eggs are not used in this recipe. This version is often served with berries or other types of fruits.

Soufflé Cheesecake is the one you're looking for. Soufflé Cheesecake originated in Japan and is widely known as *Japanese Cheesecake* or *Japanese Cotton Cheesecake* outside of Japan. It incorporates the egg whites into the cake mixture and is baked in a bain-marie (water bath).

INGREDIENTS

15g unsalted butter (1 Tbsp, for greasing the pan and the parchment paper)

6 large eggs (300g or 10.6oz without shell)

300g cream cheese (10.6oz)

60g unsalted butter (4 Tbsp or 2oz)

200g heavy (whipping) cream (200ml or 6.8oz)

60g sugar (5 Tbsp or 2oz)

80g cake flour (9 Tbsp or 2.8 oz) (See Note)

½ lemon (for zest)

30g lemon juice (2 Tbsp or about ½ lemon)

100g sugar (for beating egg whites) (8.5 Tbsp or 3.5oz)

2 Tbsp apricot jam (for glaze) (Bonne Maman preferred)

2 tsp hot water (for glaze)

PREPARE CAKE PAN

1. Cut parchment paper for the bottom and side of cake pan. You will need a 9-inch (23cm) round paper for the bottom, one 4-inch x 30-inch (10cm x 76cm) paper for the side of cake pan, and two 2-inch x 30-inch (5cm x 76cm) paper strips, which will be used for “transporting.”
2. Grease the cake pan and parchment paper (for bottom and sides) with 15g (1 Tbsp) butter (you don’t need to use all of it).
3. Place the two “straps” crisscross on the bottom of the cake pan. Then place the bottom and side parchment paper. The grease side of the 9-inch (23cm) paper should face up, and the grease side of the 4-inch x 30-inch (10 x 76cm) paper should face in.

PREHEAT THE OVEN AND GATHER INGREDIENTS

1. Preheat the oven to 350°F (180°C). You will be baking at 320°F (160°C), but when you open the oven to place the cheesecake, you’ll lose some heat, so we’ll start off a bit higher.
2. Please note that it is very important that the ingredients be measured before starting. Separate the 6 eggs into egg yolks and egg whites. Refrigerate the egg whites.

MIX OVER DOUBLE BOILER

1. Set a medium saucepan filled with 2 inches (5cm) water and bring to simmer. In a large bowl measure 300g (10.6oz) cream cheese, 60g (4 Tbsp. or ¼ cup) unsalted butter, 200g (200ml) heavy whipping cream, and 60g (5 Tbsp) granulated sugar. Put the bowl over the saucepan.
2. Using a silicone spatula, mash in the cream cheese and butter. Once they are melted, use a whisk to blend everything together. Remove from the heat.

MIX AT THE COUNTER

1. In the warm cream cheese mixture add 6 egg yolks, one yolk at a time while whisking. Make sure each egg yolk blended well with the mixing before adding the next one.
2. Using a fine mesh strainer, sift 80g (9 Tbsp) cake flour into the batter. Whisk and blend together.
3. Then pass the batter through the same fine mesh strainer to a clean large bowl, creating the silky texture for the batter.
4. Zest half of a lemon into the batter. Make sure you zest only the yellow part. Then squeeze half the lemon into a small bowl. Measure 30g (2 Tbsp) lemon juice and add to the batter. Whisk well to blend and set aside.

SET UP BAIN-MARIE

1. Put the baking sheet inside the oven and pour hot water until halfway or 1 inch deep. Close the oven.

BEAT EGG WHITES

1. Add cold egg whites into a large clean mixing bowl (of the stand mixer). Make sure there is no oil or water in the bowl. If you have space in your refrigerator, I highly recommend keeping the mixing bowl cold until you're ready to use it. Start whisking on medium speed (speed 4) until the egg whites become opaque, foamy, and bubbly, about 2 minutes. Then slowly add 100g (8.5 Tbsp) granulated sugar, 1/3 portion at a time while the mixer runs.

2. Once all the sugar has been added, increase the mixer speed to high (speed 8 or 9) and beat the egg whites until “soft” to “medium” peaks. When you lift the whisk, the egg whites shouldn’t fold ribbons (drizzle) anymore. When you turn your whisk upside down, the egg whites should cling to the whisk and hold their shape for a few second, but then start to flop over.

FOLD IN EGG WHITES

1. Using a whisk, mix in 1/3 of egg whites into the cream cheese mixture until incorporated. Then gently fold in another 1/3 into the mixture.
2. Lastly, pour the mixture back into the mixing bowl (with 1/3 of egg whites still in it) and fold in very gently.
3. Pour the mixture into the baking pan all at once, avoiding air pockets while pouring. Tap the cake pan a few times on the kitchen counter to release any air pockets in the batter.

BAKE THE CHEESECAKE

1. Place the cake pan on the baking sheet that’s already in the oven. Reduce the oven temperature from 350°F (180°C) to 320°F (160°C) and start baking for 70 to 75 minutes. Reduce the oven temperature to 300°F (150°C) and bake for another 10 minutes, or until the top is golden brown and a skewer inserted comes out clean.

LET COOL

1. Turn off the oven and leave the oven door ajar for 15 to 20 minutes with the cake inside. If you take the cake out immediately, the sudden change of temperature could cause the cake to shrink or collapse. You want the cake to slowly shrink down to half the height, roughly 4-inch to 2-inch. Remove the pan from the oven. Gently pull out the cake using the 2 parchment paper straps.
2. Remove the parchment paper around the cake (leave the bottom one on). Combine 2 Tbsp apricot jam and 1 tsp water in a small bowl. Brush the apricot mixture over the top of the cheesecake. Let cool to room temperature. Chill the cake for 1 to 2 hours before serving. Store in the refrigerator for up to 3 to 4 days or for 3 to 4 weeks in the freezer.