

SOUFFLÉ

Soufflés have for some reason been vexing cooks since before the first recipe was published in 1735, by Vincent La Chapelle in his cookbook, Le Cuisinier Moderne. Contrary to their reputation, soufflés are both easy to make and versatile. Beautifully light, serve with tossed greens or fruit salad for brunch, lunch, as a starter or as a light dinner.

Serves 2, as a main

Serves 4-6, as a starter

Prep time: 10 minutes

Start-to-finish: 35 to 40 minutes

Advance prep: Up to 24 hours, grating the cheese and prepping the veggies (if using).

Special equipment: 2 litre soufflé dish or 6 ramekins, for individual soufflés.

	Traditional Cheese	Chive + Cheese with Smoked Salmon	Curry + Cheese with Mango Chutney	Spinach + Ricotta
Ingredients:				
Butter	65 gm	65 gm	65 gm	65 gm
Flour	40 gm	40 gm	40 gm	40 gm
Milk	250 ml	250 ml	250 ml	250 ml
Eggs	4 medium	4 medium	4 medium	4 medium
Cheese (hard*), grated	40 gm	40 gm	40 gm	
Salt + pepper	to taste	to taste	to taste	to taste
Worcester sauce	dash	dash	dash	dash

Variations:

Chives, freshly chopped	4T			
Smoked salmon, to garnish	4 slices			
Curry powder			3 tsp	
Mango chutney, to garnish			3 tsp	
Ricotta				160 gm
Baby spinach leaves, washed, microwaved 30 secs. + drained				80 gm
Chilli powder				pinch
Nutmeg				pinch

* Parmesean, Cheddars, Gouda

1. Preheat the oven to 180°C and butter and flour the soufflé dish.
2. Separate the eggs and beat the whites until they form stiff peaks. Set aside.
3. In a 2 litre saucepan, melt the butter over a low heat.
4. When melted, stir in the flour and cook for about 30 seconds.
5. Slowly whisk in the milk and cook until it thickens about 2 to 3 minutes.
6. Add the egg yolks and cheese and cook for another minute.
7. Remove from the heat and add the salt and pepper (and if cooking a variation - the other non-egg ingredients).
8. Carefully fold the contents of the saucepan into the mixing bowl containing the egg whites, making sure that the ingredients are mixed well.
9. Pour the mixture into the soufflé dish and cook for 25 to 30 minutes (15 to 20 for smaller dishes), or until the soufflé has risen, is stiff to the touch and is nicely browned. Serve immediately.