

## TWICE COOKED CHEESE SOUFFLÉ

### EQUIPMENT

LARGE AND SMALL MIXING BOWLS, ELECTRIC WHISK, SMALL SAUCEPAN,  
WOODEN SPOON, 4-6 200ML SOUFFLÉ RAMEKINS, PASTRY BRUSH,  
RUBBER SPATULA, CAKE OR COOLING RACK, SPOONS, SOLID BAKING TRAY

### INGREDIENTS

100GM BUTTER (+ 20GM TO ROOM TEMPERATURE BUTTER THE MOULDS),  
100GM PLAIN FLOUR, 400GM MILK, 100GM GRATED PARMESAN CHEESE, 80GM FETTA CHEESE, 4 WHOLE EGGS, 30GM FINE POLENTA, SALT,  
WHITE PEPPER, 80GM THICKENED CREAM

### METHOD

PLACE THE BUTTER IN A SAUCEPAN AND PLACE ON THE STOVETOP OVER LOW HEAT TO MELT.

WHILE THE BUTTER IS MELTING USE A PASTRY BRUSH TO BUTTER THE SOUFFLÉ MOULDS. GENEROUSLY BRUSH THE BASE OF THE MOULDS THEN FROM THE BASE OF THE MOULDS TO THE TOP BRUSH THE SIDES IN AN UPWARD MOTION.

POUR A LITTLE POLENTA INTO THE MOULDS AND ROLL THE POLENTA AROUND THE MOULD TO COAT ALL THE BUTTER. SET THE MOULDS ASIDE.

ONCE THE BUTTER HAS MELTED ADD THE FLOUR AND COOK OVER MEDIUM HEAT FOR 1-2 MINUTES UNTIL THE MIXTURE BECOMES "SANDY" IN APPEARANCE.

ADD HALF OF THE MILK TO THE FLOUR AND BUTTER MIX (ROUX) AND WHISK IN WELL OVER THE HEAT TO PREVENT LUMPS, ONCE THE MIXTURE THICKENS AGAIN ADD THE REMAINING MILK AND WHISK AGAIN UNTIL SMOOTH AND COOKED THROUGH (2-3 MINUTES)

REMOVE THE SAUCE FROM THE HEAT AND POUR INTO A LARGE MIXING BOWL ADD PEPPER, SALT, FETTA CHEESE AND 80GM OF THE GRATED PARMESAN, WHISK UNTIL WELL COMBINED AND CHECK THE SEASONING.

SEPARATE THE EGGS AND PLACE THE YOLKS INTO THE BOWL WITH THE CHEESE MIX AND WHISK AGAIN UNTIL COMBINED

PLACE THE EGG WHITES IN A MEDIUM SIZE MIXING BOWL ADD A SMALL PINCH OF SALT AND WITH AN ELECTRIC MIXER WHISK UNTIL MEDIUM HARD PEAKS FORM.

ADD 1/3 OF THE BEATEN EGG WHITES TO THE CHEESE MIX AND MIX THROUGH WELL, AT THIS STAGE YOU DON'T NEED TO BE GENTLE WITH THE WHITES, THIS STEP IS TO "LOOSEN" THE CHEESE MIX

ADD THE NEXT 1/3 OF THE WHITES AND FOLD THROUGH WITH A RUBBER SPATULA, TRY NOT TO KNOCK OUT TOO MUCH AIR FROM THE WHITES. ONCE WELL COMBINED ADD THE LAST 1/3 OF THE WHITES AND FOLD THROUGH AGAIN UNTIL WELL COMBINED.

SPOON THE MIX INTO THE MOULDS FILLING THEM ALMOST TO THE TOP AND PLACE THE MOULDS ON A LARGE BAKING TRAY AND INTO A PRE-HEATED OVEN COMBI SETTING 190 °C FOR 17 MINUTES

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ONCE BAKED THE SOUFFLÉS WILL HAVE RISEN QUITE HIGH. PLACE THE SOUFFLÉS ON A CAKE RACK TO COOL IN THE MOULDS FOR 15 MINUTES, AFTER 15 MINUTES REMOVE FROM THE MOULD AND COOL COMPLETELY ON THE CAKE RACK

AT THIS STAGE YOU CAN PLACE THE SOUFFLÉ IN THE FRIDGE UNTIL REQUIRED, THEY WILL KEEP LIKE THIS FOR 2 DAYS.

TO FINISH THE SOUFFLÉ PLACE THE CREAM AND REMAINING PARMESAN CHEESE IN A BOWL AND MIX WITH A SPOON AND SET ASIDE

ENSURE THE SOUFFLÉ IS AT ROOM TEMPERATURE AND PLACE THE SOUFFLÉ IN THE BOWL YOU INTEND TO SERVE IT IN. SPOON OVER THE CREAM AND PARMESAN SAUCE AND PLACE THE BOWL OR PLATE INTO A PRE-HEATED OVEN COMBI SETTING 190°C FOR 10-12 MINUTES UNTIL GOLDEN AND BUBBLING.

SERVE STRAIGHT FROM THE OVEN WITH CRISP SALAD GREENS.

### HINTS & TIPS

- TRY DIFFERENT CHEESES IN YOUR SOUFFLÉ THE CLASSIC VERSION OF THIS IS GRUYERE.
- THIS IS ALSO A GREAT OPTION FOR A DINNER PARTY AS YOU CAN MAKE THE SOUFFLÉ AHEAD OF TIME.
- KEEP THE GARNISHES WITH YOUR SOUFFLÉS SIMPLE. A CRISP GREEN SALAD IS THE PERFECT ACCOMPANIMENT TO THIS DISH.