



Twice baked cheese soufflé



DIFFICULTY: MID



PREPARATION TIME: 45
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 8 (8 X 150 ML
RAMEKINS)

Ingredients

50 g plain flour
50 g salted butter
325 ml milk
50 g smoked cheddar, grated
50 g parmesan cheese
¼ tsp smoked paprika
½ tsp Dijon mustard
4 eggs, separated
1 extra egg yolk
Salt and pepper to taste

Method

Preheat the oven on CircoTherm® at 170°C and place wire rack on shelf level 3. Grease each ramekin with butter and then coat with flour until the inside is evenly coated.

Place the milk in a saucepan on Induction level 5 or medium heat on gas. In a second saucepan, melt the butter, add the flour and stir continuously on Induction level 4 or medium gas. When the colour of the mixture changes from yellow to white (about 2-3 mins), add half of the milk and stir until combined then add the remaining milk and again stir until combined. Add the grated cheese, paprika, mustard, salt and pepper, remove from the heat, then add the egg yolks one at a time until combined. Set aside.

Whip the whites until a soft to medium peak forms and then gently fold into the cheese mixture 1/3 at a time.

Evenly fill the ramekins and place in a high sided roasting dish. Fill the dish with hot water until half way up the sides of the ramekins. Bake for 15-20 minutes.

Remove and cool for 5 -10 minutes then turn out onto a plate lined with baking paper and refrigerate until required.

To reheat the Soufflés, line the universal tray with baking paper. Preheat the oven on CircoTherm® at 180°C and bake for 10 – 15 minutes until light and golden. The soufflé should now hold its shape without collapsing. Serve with salad greens tossed with balsamic vinaigrette.

Notes

This recipes uses NEFF's CircoTherm®. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.