

Olive's Kitchen

Martine's Cheese Soufflé - Soufflé au fromage

You can make the cheese sauce up to an hour beforehand and let it sit at room temperature, covered with silicon paper to stop a skin from forming. The egg whites must be folded in just before the mixture goes into the oven, not any earlier. This is enough for a 1 litre soufflé dish.

For four people (*six people in brackets):

- 50 g butter plus more to line the soufflé dish (75 g)
- 40 g flour (60 g)
- 250 ml milk (375 ml)
- salt and pepper
- nutmeg
- 100 g grated gruyere plus extra for the dish (150 g)
(instead of gruyere use other tasty cheese or a mixture of cheeses)
- 4 eggs, separated (6 eggs)

(*Use a 1.5 to 1.75 litre dish.)



Method:

Turn the oven to 200°C. Prepare a one litre soufflé dish by buttering the inside and sprinkling with a little grated cheese. (Or use individual soufflé dishes but don't cook them as long.)

Melt the butter in a small saucepan. Add the flour and stir well to make a roux. Add the milk and stir to allow to thicken to make a white sauce. Add a dash of salt, pepper and nutmeg.

Remove the white sauce from the heat. Stir the cheese into the white sauce until melted. Carefully beat the egg yolks into the sauce one by one, making sure they do not cook. Set aside for up to an hour, covered.

Whip the egg whites until stiff. Carefully fold half of the egg whites into the cheese mixture. Fold in remaining egg whites.

Scrape the mixture into the prepared soufflé dish. Smooth the top and rub your thumb just around the inside top of the soufflé mixture making a slight indent.

Bake at 200°C for 20 minutes, without opening the oven door. Serve immediately.

Serve: Serves four.

Use two large spoons to scoop from the centre to the edge to give all guests some soft interior.

Equipment: Saucepan for the sauce. Soufflé dish (or equivalent) with 1 to 1.25 litre capacity.

Difficulty and Time: Moderately difficult (3/5). Sauce: 10 minutes. Baking: 20 minutes.

Notes and variations:

- If you make a larger soufflé, you could add an extra egg white.
- A proper soufflé dish is not absolutely necessary; similar shaped dishes can work well.