



Recipe twice baked souffle

Ingredients:

- 50g unsalted butter
- 1/2 cup plain flour
- 2 cups milk
- Pinch of grated nutmeg
- 4 eggs, separated plus 1 extra egg white
- 150g baby spinach leaves, blanched, squeezed d
- 120g soft goats cheese, crumbled
- 1/2 cup finely grated parmesan cheese
- 1/2 cup pure (thin) cream
- 1/3 cup toasted walnuts
- Micro salad leaves, to serve

1 1/2 times the
souffle.

Method:

1. Preheat the oven to 180°C and grease six 1-cup dariole moulds or ovenproof teacups
2. Melt the butter in a saucepan over low heat and add the flour. Cook, stirring for 1 minute.
3. Whisk in the milk, nutmeg and some salt and pepper. Bring to just below boiling point, then whisk for 2 minutes or until very thick and smooth.
4. Add the egg yolks, one at a time, beating well after each addition. Stir in the blanched spinach, goat's cheese and half the parmesan.
5. In a clean, dry bowl, whisk the 5 egg whites with a pinch of salt until soft peaks form.
6. Fold one-third of the egg white into the cheese mixture to loosen, then fold in the remaining egg white until just combined.
7. Place the moulds in the baking dish and divide the soufflé mixture among them. Run your finger around the inside edge of the mould (this will ensure the soufflés will rise evenly), then pour in enough boiling water to come halfway up the sides of the moulds.
8. Bake in the oven for 15-20 minutes until puffed and golden. Remove from the baking dish, cool, the invert onto a greased baking tray. The soufflés can be chilled at this stage for up to 24 hours if desired.
9. When almost ready to serve, preheat the oven to 180°C

souffles

10. Pour cream over the ~~shuffles~~ and sprinkle with remaining 1/4 cup parmesan. Bake soufflés for 10-12 minutes until puffed and golden.
(Scatter with walnuts and salad leaves and serve immediately.)

Omit .

Notes