

Ingredients needed for: ____/____/____ Name: _____

CHEESE SOUFFLE

Ingredients

40g fine, dried white breadcrumbs
65g butter
65g plain flour
300ml whole milk
3 eggs
90g mature Cheddar or Parmesan
1 tsp mustard
½ tsp cayenne pepper or paprika
Salt and pepper

Equipment

4 ramekins
Saucepan
Large bowl
Small bowl
Pastry brush
Electric whisk
Large metal spoon
Wooden spoon
Palette knife
Baking tray

Method

1. Preheat the oven to 200°C.
2. Separate the eggs – place the yolks into a small bowl and the whites into a large bowl.
3. Finely grate the cheese.
4. Melt the butter in the saucepan – line the ramekins, brushing the butter in upward strokes (this encourages the soufflés to rise).
5. Add the breadcrumbs to the buttered ramekins to line. Chill in the fridge.
6. Add the flour to the saucepan (to make a roux) and cook for 2 minutes on a medium heat.
7. Stir in the milk and simmer gently for 7-8 minutes until thick. Remove from the heat and leave to cool.
8. Beat in the egg yolks, cheese, cayenne/paprika and mustard. Season and taste.
9. Whisk the egg whites until they are stiff peaks then fold into the cheese mixture using a large metal spoon.
10. Divide the mixture between the ramekins evenly, flatten with a palette knife and run your thumb around the tops, to make a ‘lip’ around the edge of each soufflé.
11. Bake for 15 minutes until risen and golden – serve immediately.