

## Cheese Souffle Recipe

**Makes ≈ 6 x 1 cup / 8oz / 240ml Ramekins**

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

### Bechamel

3.2 Tbsp (50g) unsalted butter

1.4 ounces (40g) all-purpose flour

1 cup (250ml) whole milk

4 ea. (80g) egg yolks

Pinch a salt / ground black pepper / nutmeg to taste

2.7 ounces (80g) gruyere or Parmigiano, grated

1/2 Tbsp (7.5) vin jaune (yellow wine) or dry fino Sherry (optional)

5 egg whites (150g) egg whites, at room temp

1/4 tsp (1g) tartar of cream or lemon juice (tartar of cream or lemon juice stabilizes the egg whites).

2.7 ounces (80g) cubed gruyere or blue cheese or Roquefort or Gorgonzola.

**To Grease Ramekins / Ramekins must be super clean and dry before using.**

2 Tbsp (30g) butter, softened / Flour.

Grease ramekins with a thick coating of softened butter. Flour each ramekin to coat the inside and tap once to remove excess flour and place the greased ramekins in the refrigerator until ready to use.

### Bechamel Method

Melt butter in heavy saucepan over medium heat. Add flour and whisk until mixture begins to foam and loses raw taste, about 2 minutes. Remove saucepan from heat. Pour in cold milk at once whisking until smooth. Return to heat and cook for 2 minutes. Remove from heat; whisk in salt, pepper and nutmeg. Incorporate egg yolks swiftly then the grated cheese and vin jaune (optional), cover and set aside. Turn oven on. Meanwhile, in a stand mixer fitted with the whisk attachment, whip together egg whites and the tartar of cream on medium speed for 3 minutes to incorporate air into the egg whites then increase the speed to high and beat until soft peaks form. Immediately mix one-third of the egg whites into the soufflé mixture with a whisk, then, fold in the rest with a rubber spatula. Spoon half of the mixture into the ramekins and add the cubed cheese (in the center of the mixture only) cover with remaining mixture to come 0.11-inch (3mm) above the rim. Smooth the surface with a palette knife, then use a knife tip or your thumb to ease the mixture away from the side of each ramekin to help it rise.

### Baking

Set the oven rack adjusted to the lower-middle position with a large baking tray and preheat oven to 400°F (205°C). Lower temperature to 375°F (190°C) if using a convection oven. Transfer the ramekins on the hot baking tray and bake until soufflé is puffed and golden brown on top, about 15 minutes – do not open oven door during baking! – Put the cooked soufflés on individual plates and serve at once - they won't wait!

