

Cheese soufflé

🕒 30min 🍳 4

Preparation:

Use a pastry brush to butter the inside of individual porcelain soufflé dishes. Make sure you use softened butter and upward strokes. Place the dishes in the fridge for the butter to harden.

Method:

Bring the milk, butter, salt, pepper and nutmeg to the boil. Add the 50 g of flour, all at once.

Keep heating the mixture, stirring constantly until it detaches from the bottom of the pan.

Pour the mixture into a bowl and leave it to cool slightly. Gradually fold in the 4 egg yolks, adding a pinch of cornflour (optional).

Add the grated cheese and season to taste, bearing in mind that cheese is already quite salty!

Whisk the 4 egg whites until they form stiff peaks and add a pinch of salt.

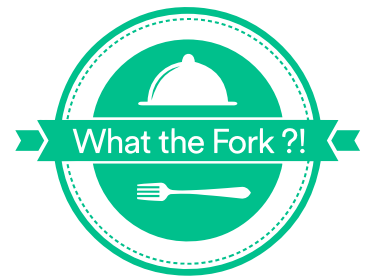
Incorporate 1/3 of the whisked egg whites into the mixture first to make it lighter, then gently fold in the remaining 2/3.

Take the soufflé dishes out of the fridge and dust them with flour. Pour the mixture into the soufflé dishes until they are 3/4 full.

Bake at 160°C for 15 minutes.

Serve immediately.

Enjoy your cheese soufflés!



Ingredients:

Preparation:

15 g butter
25 g white flour

Mixture:

30 g butter
120 ml full-fat milk
50 g flour
4 eggs
80 g grated Gruyère cheese
salt
pepper
nutmeg
cornflour (optional)