

Cheese Soufflé

Swick

Makes 24 ozs | Active Time: 45 minutes | Total Time: 1 hour 10 minutes

Chef's Notes

Four 6 fl oz ramekins or six 4 fl oz ramekins may be used.

**In place of Gruyère, cheddar cheese or another firm, low-moisture cheese works well.

Step 1: Preparing the Ramekins

- Butter, as needed
- Parmesan cheese, grated, as needed

Butter the inside of the ramekins well.

Sprinkle with cheese to completely coat the bottom and sides.

Hold in the refrigerator.

Step 2: Making the Roux

- 1 1/4 oz (35 g) butter
- 1 1/4 oz (35 g) flour
- 2 1/2 c (375 ml) hot milk
- 1/2 tsp (3 ml) salt
- 1/2 tsp (3 ml) white pepper
- 1 pinch cayenne
- 1 pinch nutmeg

Make a white roux with the butter and flour.

Beat in the hot milk. Bring to a boil while stirring. Cool and stir until very thick and smooth.

Remove from the heat. Stir in the salt, pepper, cayenne and nutmeg.

Step 3: Adding the Egg Yolks

- 6 each egg yolks
- 5 oz (150 g) coarsely grated Gruyère cheese**

Add the egg yolks to the hot sauce and quickly mix in with a wire whip.

Stir in the cheese.

Step 4: Adding the Egg Whites

- 12-15 egg whites
- 1 pinch salt

Beat the egg whites with the salt until they form stiff peaks. (The larger number of egg whites will make a lighter soufflé.)

Slowly whisk 1/3 of the egg whites into the cheese mixture, then fold in the remaining egg whites in two stages.

Fill the prepared ramekins to 1/4" from the top.

Place the ramekins on a sheet pan.

Step 5: Baking the Soufflés

Convection oven: Bake at 375°F/190°C) for 14-18 minutes, or until done.

Conventional oven: Bake at 375°F/190°C) for 18-22 minutes, or until done.