

# Cheese Soufflé



This recipe will make 2 cheese soufflés.

## Ingredients:

150ml Milk

60g Grated Strong Cheddar Cheese (Blue Cheese, Goats Cheese and Smoked Cheese also work well)

15g Butter

15g Plain Flour

2 Eggs, Medium Size

½ Teaspoon Mustard

Pinch of Cayenne Pepper

Additional Butter for Greasing Dishes

**Please bring 2 soufflé dishes (approximately 15cm diameter) and a container to carry them home in.**

## Method:

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. Grate the cheese onto a plate.
4. Separate the egg yolks and whites into separate bowls.
5. Place a small saucepan at the front of the hob, add the butter. Turn the heat to a medium heat and gently melt.
6. Once melted, using a white plastic stirring spoon, stir in the plain flour.
7. Gradually stir in the milk to create a roux. Continually stir.
8. Stir in the grated cheese, mustard and cayenne pepper.
9. Add the egg yolks to the mixture and remove saucepan and place on a pan stand.
10. Use butter and paper towel to grease the chosen mould for your soufflé – the dish should ideally be 15cm.
11. Transfer the egg whites to a large glass bowl.
12. Using an electric whisk, whisk the egg whites to form stiff, white peaks. You should be able to turn the glass bowl upside down and the whisked egg whites should not move.
13. Gently fold this whisked mixture into the cheese mixture with a metal tablespoon, ensure you do not knock out the air.
14. Place the mixture into the moulds.
15. Run a table knife around the edge to create a 'top hat' effect; this ensures the soufflé rises above the rim and doesn't stick.
16. Place on the baking tray and bake for 25 to 30 minutes until the top is golden and risen and has a slight wobble.
17. When you remove from the oven, serve immediately.

