

ROQUEFORT SOUFFLE (??)

YIELD: 10

PRESERVATION: 2 Days

<u>Gross</u>	<u>Net</u>	<u>Ingredients</u>	<u>Unit</u>
75g		Butter	
115g		Flour	
480g		Milk	
225g		Stilton*	
45g		Egg yolk	3
1g		Ground black pepper	
480g		Egg whites	
5g		Lemon juice	
1g		Salt	

METHOD

1. Melt the butter. Add the flour. Cook for 1 minute. Gradually add the **warm** milk making sure the flour is cooked out for a minimum of 15 minutes.
2. Remove from the heat. Add the diced cheese and blend together in the robo-coupe with the egg yolks until smooth. Remove into a stainless steel bowl. Cover with clingfilm and cool.

3. Whisk the egg whites. When soft peaks begin to form gradually add the lemon juice and salt until a smooth firm texture is formed. (**Check with a senior chef**).
4. Beat in an equal quantity of egg whites to the cheese mix then gently fold in the remaining egg whites. (**Check with a senior chef** at this stage as sometimes not all the egg white is required).
5. Place a spoon full in the bottom of the mould. Add a 1cm dice of Stilton and cover with more cheese mix until $\frac{3}{4}$ full.
6. Cook in a steamer tray at 150°C for 10-12 minutes. Remove and cook for 30 minutes.
7. To serve – remove from the moulds. Place onto a tray with more walnut/breadcrumb mix. Reheat at 220°C for 6 minutes.

Soufflé Cabecou

Serves 4

Special Equipment: 4 x 8.5 cm No. 1 soufflé moulds *

Ingredients

2 tsp butter
2 tsp flour
50 ml milk
50 g matured goat's cheese, diced
salt to taste (1 pinch)
1 pinch cayenne pepper
5 turns mill pepper
1 egg yolk
3 egg whites
1/4 lemon juice

To place in the centre of the soufflé (third up)

25 g goat's cheese, diced

To line the moulds

12 g breadcrumbs
4 g hazelnuts

Method

Preheat your oven to 190c

Melt the butter and whisk in the flour. Whisk the milk into this making sure that you have no lumps. Return to the heat and bring to the boil, whisking constantly. Add the goat's cheese and whisk until smooth. Remove from the heat and transfer to a bowl, whisk in the egg yolk and set aside.

Lightly butter the ramekins inside, then line with the hazelnuts and breadcrumbs. Set aside and if not using immediately refrigerate.

Beat the egg whites to soft peaks, be sure not to take them any further as they will become grainy and spoil your soufflé.

Season the béchamel well with salt and cayenne pepper. With a spatula mix in a third of the beaten egg whites. Gently fold in the remaining two thirds then taste and correct seasoning.

Fill the lined ramekins with the soufflé mixture 1/3 up, place the diced goat's cheese in the centre, cover with the mixture and smooth the surface with a spatula.

Line a suitable "Bain-marie" with paper. Place the ramekins in the tray, then very carefully pour over water to reach two thirds of the way up the sides of the ramekins.

Place this tray onto the heat and bring to the boil then place into the oven and bake for 10 minutes.

Lift the soufflés out of the bain marie and allow to cool for About 10 minutes(this makes them easier to turn out)

If Serving the soufflés immediately turn your oven to 210c

Remove the soufflés from their moulds (the soufflés may be kept for several hours at this stage) sprinkle a little of the breadcrumb/hazelnut mixture over a tray and place the soufflés on top.

Place into the oven for 5-7 minutes until the soufflés rise a second time and crisp.

Serve the soufflés with a salad scented with walnut vinaigrette or with a little red pepper chutney.

Notes

When incorporating the first third of the egg whites into the béchamel the idea is to get the béchamel mixture as close as possible to the texture of the beaten egg whites so don't be afraid to exert yourself a little at this stage for if the two mixtures are at the same texture you will lose a lot less volume in the finished product.

A little lemon juice needs to be added during the whisking process. This has no effect on the volume but makes the whites less prone to coagulation which will make the soufflés granular.

Variations; This Soufflé can be made with any well matured, strong flavoured cheese, such as Stilton or gruyere, the key being that the flavour is strong enough to fight it's way through the egg white and béchamel.