

# SOUFFLE AU FROMAGE

## CHEESE SOUFFLÉ

Prepared by: Brad Patton, November 2017

Source: Mastering the Art of French Cooking

A 6-cup soufflé mold  
1 teaspoon butter  
1 tablespoon grated Swiss or Parmesan cheese  
3 tablespoons butter  
A ½-quart saucepan  
3 tablespoons flour  
A wooden spatula or spoon  
1 cup boiling milk  
A wire whip  
½ teaspoon salt  
1/8 teaspoon pepper  
A pinch of cayenne pepper  
Pinch of nutmeg  
4 egg yolks  
5 egg whites  
A pinch of salt  
Coarsely grated Swiss, or Swiss and Parmesan cheese- ¾ to 1 cup (3 to 4 ounces) depending on its strength

Preheat oven to 400 degrees. Measure out all your ingredients. Butter inside of soufflé mold and sprinkle with cheese.

Melt the butter in the saucepan. Stir in the flour with a wooden spatula or spoon and cook over moderate heat until butter and flour foam together for 2 minutes without browning. Remove from heat; when mixture has stopped bubbling, pour in all the boiling milk at once. Beat vigorously with a wire whip until blended. Beat in the seasonings. Return over moderately high heat and boil, stirring with the wire whip, for 1 minute. Sauce will be very thick.

Remove from heat. Immediately start to separate the eggs. Drop the white into the egg white bowl, and the yolk into the center of the hot sauce. Beat the yolk into the sauce with the wire whip. Continue in the same manner with the rest of the eggs. Correct seasoning. May be prepared ahead to this point. Dot top of sauce with butter. Heat to tepid before continuing.

Add an extra egg white to the ones in the bowl and beat with the salt until stiff. Stir a big spoonful (about one quarter of the egg whites) into the sauce. Stir in all but a tablespoon of the cheese. Delicately fold in the rest of the egg whites. Be careful not to overfold.

Turn the soufflé mixture into the prepared mold, which should be almost three quarters full. Tap bottom of mold lightly on the table, and smooth the surface of the soufflé with the flat of a knife. Sprinkle the remaining cheese on top.

Set on a rack in middle level of preheated 400-degree oven and immediately turn heat down to 375. (Do not open oven door for 20 minutes.) In 25 to 30 minutes the soufflé will have puffed about 2 inches over the rim of the mold, and the top will be nicely browned. Bake 4 to 5 minutes more to firm it up, then serve at once.

*Brad's Notes: Yummy! Serve very fast, but let it cool before you take a bite.*

