

SOUFFLES PARMESANE

Prepared by: Lauren O'Dell-Patton

Source: Auguste Escoffier, Le Guide Culiniare

Uses 10- ½ cup capacity soufflé molds

Mix 150 grams (5 ounces) flour with 4 dl (14 fluid ounces or 1 ¾ US cups) boiled milk, season with salt, pepper and grated nutmeg and bring to a boil mixing continuously. Remove from the heat, add 60 g (2 ounces) grated Parmesan, 30 g (1 ounce) butter and 4 egg yolks; fold in 4 stiffly beaten egg whites.

Bake in a moderate oven for 12 minutes.

