

CHEESE SOUFFLE

by foodtalk4you

Utensils

- Medium saucepan
- Small, medium, and large bowls
- Whisk
- Silicone spatula for folding egg whites into base
- Electric mixer
- Souffle baking dishes

Ingredients

- Enough butter to grease the bottom and sides of all baking dishes
- Finely grated Parmesan cheese – about 2 Tablespoons – to dust the baking dishes if not using phyllo
- 3 Tbs butter
- 3 Tbs gluten-free flour
- Salt to taste
- 1 1/3 cups milk, heated until hot, but not boiling
- 4 large egg yolks
- 6 ounces grated cheese – cheddar, or a combination of cheeses to your taste
- 1/2 cup of vegetables – ex: cooked asparagus or frozen spinach - squeezed dry
- 2 strips of cooked bacon, crumbled (optional)
- Fresh herbs, to taste – chopped (optional)
- 5 large egg whites
- 1/2 teaspoon cream of tartar
- OPTIONAL – Phyllo sheets – thawed – two sheets for each individual serving dish

Method

- A. Grease an 8-inch souffle mold or individual dishes with butter. If not using phyllo, dust the baking dishes with the finely grated Parmesan cheese.
- B. If using phyllo, place one sheet onto wax or parchment paper. Brush with melted butter, place second sheet on top. Transfer to the buttered individual baking dish and gently press to sides and bottom, leaving excess to fold over the top after the souffle mixture has been put inside. These sheets are delicate and may tear, but arrange and overlap pieces as needed, brushing with a bit of melted butter. This does not have to be perfect.
- C. Preheat oven to 375 degrees F.
 1. In a medium saucepan over medium heat, melt the butter. Continue to heat until all the water is cooked out. The remaining clarified butter will no longer have surface bubbles.
 2. In a small bowl, combine the flour, salt, and optional herbs. Whisk this mixture into the melted butter and cook for two minutes, stirring with whisk.
 3. Whisk the hot milk into the flour/butter mixture in a saucepan over medium heat. When this mixture reaches a boil - remove from heat, add the cheese, vegetables, and bacon, if using. Whisk until incorporated.
 4. In a medium bowl, beat the egg yolks until creamy. Temper the egg yolks by adding a spoonful of the warm flour/butter/milk/cheese mixture at a time, constantly whisking. Continue until all the base mixture has been added to the egg yolks.
 5. Using a large bowl and mixer, whip the egg whites and cream of tartar until glossy and firm.
 6. Fold 1/4 of the egg white mixture into the base. Continue to gently fold about 1/3 of the remaining egg whites in at a time, until all have been added.
 7. Pour the mixture into the prepared souffle dish(es). If using phyllo, gently fold the excess from around the edge over the top. Secure folds of phyllo to each other by brushing with melted butter. Coverage may not be complete – that's fine.
 8. Bake in preheated oven for 22 – 25 minutes for individual dishes or 35 – 40 minutes for a single souffle.

Souffles are done when they are golden and a toothpick comes out clean, when inserted into the middle.