



Cheese Soufflé

Servings: 4 (2 soufflés each)
Total Time: 2 hrs
Cooking Time: 10 mins (stove-top)
40-45 mins (oven)
Resting Time: 30 mins
Pre-heat Oven to 165°C



INGREDIENTS

75g butter
45g cake flour
2 cups milk
1 tsp Dijon mustard
¼ tsp salt
2-3 drops tabasco sauce
1½ cups grated Cheddar cheese
1 cup Boeren or Emmental cheese
¼ cup grated Gruyère cheese
6 large eggs
½ tsp cream of tartar



TIPS

To freeze, securely wrap the unbaked soufflés with foil and freeze. To use, pre-heat the oven to 165°C. Remove the foil and place the frozen soufflés in a baking pan. Add 3cm warm water to the pan and bake for 60-65 mins or until heated through and the tops are golden brown.

SERVING SUGGESTIONS

Serve with a salad or, for breakfast, serve with a few slices of crispy bacon or pancetta.

VARIATIONS

- * Use Parmesan or Blue Cheese instead of Gruyère, or use any cheese/s that you have on hand.
- * Add chopped herbs of your choice or any flavour of prepared mustard to taste.
- * Add chopped fried bacon, cooked ham or any other kind of cold meat to the prepared soufflé mixture.

METHOD

Melt the butter in a medium saucepan over a medium heat. Whisk in the flour until smooth and cook for 1 min.

Gradually whisk in the milk, mustard, salt & tabasco.

Bring to a boil over a medium-high heat while continuing to whisk and then reduce the heat to low and cook for a further 1 min until thickened. Add the cheeses and stir until melted. Transfer the cheese mixture to a large bowl.

Separate eggs by placing the egg yolks into a small bowl and the egg whites into a medium bowl.

Set the egg whites aside to stand at room temperature for at least 30 mins.

Meanwhile, beat the egg yolks for about 4 mins until thick and lemony in colour.

Stir in 3 heaped Tbsp of the warm cheese mixture into the egg yolks and then, while whisking, slowly pour this mixture back into the remaining warm cheese mixture.

Set aside to cool for about 30 mins.

Using an electric mixer, beat the egg whites with the cream of tartar on high speed until stiff but not dry. With a rubber spatula, gently fold ¼ of the egg whites into the cheese mixture. Gently fold in the remaining egg whites until fully incorporated.

Pour the soufflé mixture into 8 ungreased 1-cup ramekins (or a single overproof casserole dish) to ¾ full. Place the dish/es in a roasting pan. Add 3cm hot water to the bottom of the pan and bake for 40-45 mins until the tops are golden brown.

Serve immediately.



This recipe uses 45g cake flour which contains about 35g carbs. Each soufflé therefore has about 4.4g carbs and each serving has about 9g carbs which is well within the recommended LCHF limit!

