



## Blue Cheese Souffles

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch cream of tartar
- 5 large eggs separated
- 4 servings fig compote and other garnishes (see below)
- 3 tablespoons flour all-purpose
- 4 servings kosher salt and pepper white freshly ground
- 1 cup mild cheese blue crumbled
- 1 pinch nutmeg freshly grated
- 0.3 cup sugar

- 3 tablespoons butter unsalted softened plus more for the ramekins,
- 1 cup milk whole warmed

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pot
- blender
- ramekin
- spatula

## Directions

- Prepare the ramekins: Preheat the oven to 350 degrees F.
- Brush four 8-ounce ramekins with butter.
- Pour the sugar into 1 ramekin and rotate it to coat the bottom and sides.
- Pour the excess into another ramekin and repeat to coat all the ramekins; tap out any excess. Refrigerate until ready to fill.
- Make the bechamel: Melt 3 tablespoons butter in a heavy-bottomed pot over medium-low heat. Just as the foam subsides, whisk in the flour to make a roux; cook, whisking constantly, to remove the starchy taste, 2 to 3 minutes (do not allow the roux to brown).
- Add the warm milk and continue whisking until smooth and thick, about 5 minutes. (Trace a figure 8 in the bechamel with the whisk; if the sauce holds the shape, it's done.)
- Remove the bechamel from the heat and whisk in the egg yolks one at a time. Season with salt, white pepper and the nutmeg, then whisk in the cheese until melted and smooth. (Return the pot to very low heat, if necessary.)
- Transfer to a large bowl and refrigerate until cool.

- Add the egg whites: Beat the egg whites and cream of tartar with a whisk or mixer until stiff peaks form. Fold one-third of the beaten egg whites into the cooled bechamel mixture by slowly and gently scooping from the bottom to the top of the bowl with a rubber spatula. Fold in the remaining egg whites the same way until no streaks of white remain.
- Place the prepared ramekins on a baking sheet. Spoon the batter into the ramekins, filling each about three-fourths of the way. Use a towel to wipe the rims clean (this will help the souffles rise evenly).
- Bake until golden and puffed at least 1 inch over the rims, about 25 minutes.
- Serve immediately with fig compote and other garnishes (see below).
- Combine 1 cup sugar, 1 1/2 cups water, 1 teaspoon lemon juice, 2 lemon slices and 2 chamomile tea bags in a saucepan. Bring to a boil over medium heat; cook, stirring, 5 minutes.
- Remove the tea bags.
- Add 12 halved dried figs, return to a boil and cook 10 more minutes.
- Remove the lemon slices.
- Serve warm.
- Photographs by James Baigrie

## Nutrition Facts



■ PROTEIN **16.69%**
■ FAT **54.14%**
■ CARBS **29.17%**

### Properties

Glycemic Index:85.27, Glycemic Load:18.15, Inflammation Score:-6, Nutrition Score:14.819130399953%

### Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

### Nutrients (% of daily need)

Calories: 433.88kcal (21.69%), Fat: 26.48g (40.73%), Saturated Fat: 14.91g (93.2%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 29.91g (10.88%), Sugar: 24.05g (26.72%), Cholesterol: 287.71mg (95.9%), Sodium: 502.22mg (21.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.73%), Selenium: 27.49µg (39.28%), Phosphorus: 335.63mg (33.56%), Vitamin B2: 0.56mg (32.95%), Calcium: 315mg (31.5%), Vitamin B12: 1.32µg (21.92%), Vitamin A: 1027.48IU (20.55%), Vitamin B5: 1.96mg (19.55%), Vitamin D: 2.25µg (14.98%), Zinc: 2.11mg

(14.05%), Folate: 55.52µg (13.88%), Vitamin B6: 0.26mg (13.06%), Potassium: 432.52mg (12.36%), Manganese: 0.22mg (11%), Iron: 1.96mg (10.87%), Vitamin B1: 0.14mg (9.66%), Fiber: 2.18g (8.71%), Magnesium: 34.79mg (8.7%), Vitamin E: 1.07mg (7.15%), Copper: 0.13mg (6.3%), Vitamin B3: 1mg (5%), Vitamin K: 4.28µg (4.08%), Vitamin C: 1.43mg (1.73%)