



Classic cheese soufflé

READY IN



85 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 75 g butter softened
- ☐ 50 g flour
- ☐ 500 ml milk
- ☐ 1 small onion chopped
- ☐ 1 star anise
- ☐ 3 cloves
- ☐ 1 bay leaves
- ☐ 6 eggs separated
- ☐ 100 g gruyere cheese grated

- ☐ 100 g cheddar cheese grated
- ☐ 85 g parmesan grated
- ☐ 1 tbsp worcestershire sauce
- ☐ 1 tsp ground mustard
- ☐ 1 tablespoon juice of lemon
- ☐ 100 g round of président brie ripe cut into chunks

Equipment

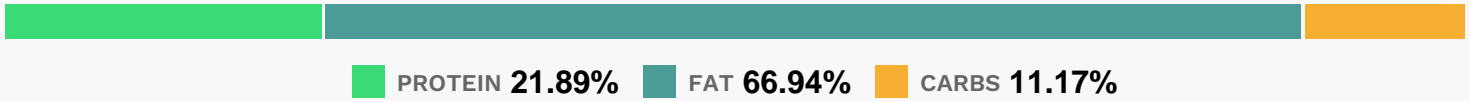
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Mix 50g butter and flour into a paste (known as beurre mani, see notes, below). Chill to firm for about 30 mins.
- ☐ Heat milk to boiling point with the onion, spices and bay leaf, then simmer gently for 5 mins.
- ☐ Remove from heat and allow to cool. Taste milk for flavour.
- ☐ Strain the milk into a large pan, pressing down on the onion to extract the maximum of flavour.
- ☐ Place the pan back on the heat and gradually whisk in the butter paste, adding in small pieces until you have a thick sauce.
- ☐ Season, then leave to cool for 3–4 mins.
- ☐ Whisk in egg yolks, grated gruyre and cheddar, plus two-thirds of the parmesan.
- ☐ Add the Worcestershire sauce and mustard. Check seasoning, leave to cool. Can be made 2 days ahead bring to room temperature before continuing.
- ☐ Brush the insides of a souffl dish (approx 20 x 8cm deep) with the remaining 25g butter, using upward brush strokes. Coat the base and sides evenly with some parmesan and freshly ground black pepper. Chill to set.
- ☐ Cut the gruyre slice into diamond shapes.
- ☐ Heat oven to 200C/fan 180C/gas

- ☐ Coat a large, grease-free bowl with the lemon juice (see tip, below).
- ☐ Whisk the egg whites in the bowl, then whisk a third of them into the cheese mixture, to loosen. Carefully fold remaining egg whites into cheese mixture until well mixed, but still light.
- ☐ Spoon half the mixture into prepared dish. Dot with brie and top with remaining mixture. Gently level the top. Arrange gruyere on top, scatter with remaining parmesan.
- ☐ Bake for 10 mins. Reduce oven to 180C/fan 160C/gas 4, bake for 15–20 mins. The souffl should be evenly risen and slightly wobbly.
- ☐ Serve immediately the centre will be soft, but will thicken slightly when served.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:9.94, Inflammation Score:-8, Nutrition Score:25.81260854265%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 738.69kcal (36.93%), Fat: 54.99g (84.6%), Saturated Fat: 31.51g (196.93%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.83g (7.21%), Sugar: 8.24g (9.16%), Cholesterol: 393.25mg (131.08%), Sodium: 1159.71mg (50.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.46g (80.92%), Calcium: 941.65mg (94.17%), Phosphorus: 752.46mg (75.25%), Selenium: 47.42µg (67.74%), Vitamin B2: 0.94mg (55.38%), Vitamin B12: 2.65µg (44.13%), Vitamin A: 1841.92IU (36.84%), Zinc: 4.64mg (30.96%), Vitamin D: 3.27µg (21.8%), Folate: 85.28µg (21.32%), Vitamin B5: 2.11mg (21.14%), Vitamin B1: 0.26mg (17.52%), Vitamin B6: 0.34mg (16.99%), Magnesium: 61.84mg (15.46%), Iron: 2.55mg (14.18%), Potassium: 471.75mg (13.48%), Manganese: 0.26mg (13.08%), Vitamin E: 1.62mg (10.77%), Vitamin B3: 1.21mg (6.05%), Copper: 0.12mg (5.83%), Vitamin K: 4.5µg (4.28%), Vitamin C: 3.4mg (4.12%), Fiber: 0.8g (3.2%)