



Twice-baked cheese soufflés

READY IN



75 min.

SERVINGS



6

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tbsp olive oil for greasing
- ☐ 1 tbsp polenta
- ☐ 1 tsp butter
- ☐ 25 g flour plain
- ☐ 250 ml milk
- ☐ 50 g parmesan grated
- ☐ 1 tsp dijon mustard
- ☐ 50 g cheese light soft
- ☐ 2 tbsp chives snipped

- ☐ 2 large egg yolk
- ☐ 3 large egg whites
- ☐ 50 g arugula
- ☐ 350 g cherry tomatoes finely chopped
- ☐ 0.5 small onion red finely chopped
- ☐ 1 tsp tomato purée
- ☐ 1 pinch chilies dried crushed

Equipment

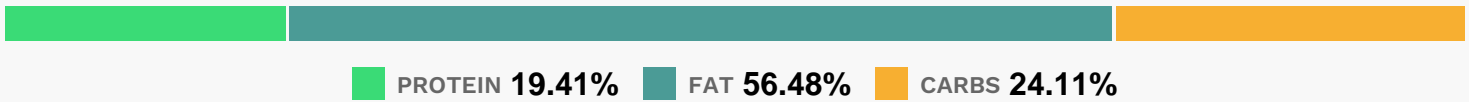
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Lightly grease six 150ml ramekins with oil and coat with the polenta, shaking out any excess. Sit the ramekins in a small roasting tin.
- ☐ Heat the oil and butter in a medium saucepan, stir in the flour and cook, stirring, for 1 min.
- ☐ Remove from the heat and pour in the milk, a little at a time, stirring well until mixture is smooth.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Return pan to the heat and cook, stirring continuously, until mixture thickens and comes to the boil.
- ☐ Remove from the heat. Reserve 1 heaped tbsp of the Parmesan and stir the rest into the mixture, with the mustard, then the soft cheese in small spoonfuls.
- ☐ Add the chives, season with pepper and leave to cool slightly.
- ☐ Meanwhile, make the salsa.

- ☐ Mix together the tomatoes, onion, tomato pure and chillies. Season with a grinding of pepper, and chill.
- ☐ Beat the egg yolks into the cheese mixture.
- ☐ Whisk the egg whites to stiff peaks. Using a large metal spoon, fold a spoonful into the mixture to slacken slightly. Gently and evenly fold in the remaining whites, half at a time, keeping mixture light and airy. Evenly spoon into the ramekin dishes to fill.
- ☐ Pour cold water into the roasting tin to come halfway up the sides of the dishes.
- ☐ Bake for 15–18 mins until golden on top and risen. Carefully remove from the tin and leave to cool. The souffls will sink as they cool they can be left for 20 mins before re-baking, or cover the dishes once cold and keep overnight in the fridge.
- ☐ When ready to serve, heat oven to 200C/180C fan/gas
- ☐ If the souffls have been in the fridge, sit them at room temperature for about 10 mins before baking. Turn each out of its dish and place, right-side up, on a baking sheet lined with baking parchment.
- ☐ Sprinkle the reserved Parmesan over each souffl, then bake for 10 mins or until risen. Scatter with chives.
- ☐ Serve each with a pile of rocket and salsa.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:9.2304347909015%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 185.56kcal (9.28%), Fat: 11.78g (18.13%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.36g (3.77%), Sugar: 4.8g (5.33%), Cholesterol: 80.4mg (26.8%), Sodium: 233.41mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.23%), Vitamin C: 16.02mg (19.42%), Calcium: 189.48mg (18.95%), Vitamin A: 900.35IU (18.01%), Selenium: 12.47µg (17.82%), Vitamin B2: 0.27mg (16.14%), Phosphorus:

160.82mg (16.08%), Vitamin K: 15.72µg (14.97%), Folate: 38.75µg (9.69%), Potassium: 298.46mg (8.53%), Vitamin B12: 0.47µg (7.76%), Vitamin E: 1.16mg (7.75%), Manganese: 0.15mg (7.65%), Vitamin B1: 0.1mg (6.56%), Vitamin B6: 0.12mg (6.02%), Iron: 1.07mg (5.96%), Vitamin B5: 0.59mg (5.94%), Magnesium: 23.67mg (5.92%), Zinc: 0.79mg (5.29%), Copper: 0.08mg (4.01%), Fiber: 0.96g (3.83%), Vitamin B3: 0.74mg (3.68%), Vitamin D: 0.35µg (2.32%)