

Cheese soufflé

Ingredients

Serves 4

- 4 x 15cm ramekins or one big round, deep, straight-sided ovenproof casserole dish
- 30g unsalted butter, plus a little extra for the ramekins
- 30g parmesan, finely grated, plus 2 tbsp
- 30g plain flour
- 300ml whole milk
- a pinch cayenne pepper
- 50g gruyère, finely grated
- 4 large eggs, separated
- ¼ tsp white wine vinegar

Instructions

1. Heat the oven to 200C/fan and leave the baking tray inside.
2. Butter the ramekins. Divide 2 tbsp of finely grated parmesan between the ramekins and shake them to get the cheese to stick to the butter. Tip out any excess.
3. Next your making your roux, melt the butter pan over a low heat, then add the flour. Mix well to form a thick paste. Cook for 1 minute until the paste starts to smell nutty, then add the milk, a little at a time, keep on stirring until you get a thick and smooth white sauce.
4. Stir in the cayenne, pepper and the cheeses. Stir briefly to melt the cheeses, season generously with salt, then remove from the heat. Transfer to a large bowl, allow to cool down for a few minutes and stir in the egg yolks.
5. In the meantime, put the egg whites in a clean bowl, add the vinegar and whisk until stiff peaks form.
6. Add a spoon of the egg whites into the white sauce and mix well to combine, this loosens the sauce up so you incorporate the remaining of the egg whites without overdoing it.
7. Add the remaining egg whites and, using large spoon carefully fold into the bowl doing a figure of 8, until just incorporated into a light yellow foam. Divide between the ramekins, filling them no more than three-quarters full.
8. Using the tip of a cutlery knife, swipe around the insides of the ramekins. Transfer to the oven on the heated baking tray. Cook for 10-12 minutes or until they are well risen, golden topped and have a slight wobble when picked up.
9. You definitely don't want to overcook your soufflé, you want a dry, firm, golden-brown crust with a moist, fluffy inside. When testing with a knife, it should come out wet but not covered in runny liquid. Serve it a green salad and a sharp mustard vinaigrette and don't wait around too long!