

Cheese soufflé

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Ref :
1208

Type :
Hot starter

Preparation :
20 min
Rest:

Cooking :
15 min
At 200°C

Cost :
  

Difficulty :


Origin :




For 6 persons

- 100 g grated Gruyere
- 60 g butter
- 40 g flour
- 350 ml milk
- 3 eggs
- Salt and pepper

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Prepare a bechamel sauce:

In a pan, melt 50 g of butter. Add flour and mix using a wooden spatula.

Cook 2 min on low flame fire to obtain a "roux."

Pour milk slowly while mixing.

Cook 7 - 8 min until the mixture becomes rather thick.

Salt and pepper.

Add grated cheese and mix well. Let it sit to cool.

Preheat the oven at 200°C for 15 min.

Separate the egg whites from their yolks. Set yolks aside for later use.

Adding a pinch of salt, beat egg the whites until fluffy.

When the sauce has cooled, add yolks and mix.

Carefully add the egg whites using a wooden spatula.

Butter ramequins.

Pour mixture evenly into ramequins and bake for 15 min at 200°C.

Serve immediately.



Suggestion
Alternative
Wine

Serve with a salad.
If you cook in a soufflé mould, bake for 30 min.
Brouilly