

Cheese Souffle

1 heaped tbsp. plain flour
50gr butter
½ pt. milk
seasoning
1 teasp mustard
4 eggs separated
125 gr strong cheddar cheese, grated
75 gr apricot & stilton cheese, small chunks
Fresh basil, dill
2 spring onions, finely sliced
breadcrumbs or panko crumbs

Gluten free

Use Gluten free flour and GF breadcrumbs

Make a white sauce.

Melt the butter in a saucepan, gradually add the flour and beat into the melted butter. Slowly add the milk away from the heat, then cook through. This should be a thick sauce; you can add a little extra liquid if too thick. Add seasoning, mustard, chopped spring onions. Leave to cool.

Take a souffle dish and grease it well, add the breadcrumbs and make sure they stick to the greased dish.

Separate the eggs, add the yolks to the sauce with the cheese, beat together. In a separate bowl whisk the egg whites 'til thick.

Gradually fold into the cheese mixture.

Pour the souffle mix into the prepared dish. Carefully take a knife and smooth around the edges this will help the souffle to stand up when cooked.

Bake in a hot oven 190°, gas 5 – 6 for 30 minutes. When it is cooked, eat straight away.

Tips:

Souffles can be made in small ramekin dishes to be served as starters or lunch meals. You can make the small ones in advance, carefully remove from the ramekins and leave to cool. When ready to serve put into a dish larger than the souffle, drizzle with cream and more grated cheese bake in a hot oven for 10 minutes to rise again, serve with a green salad