

PARMESAN SOUFFLE



Preparation : 20 min - **Resting :** - - **Cooking :** 15 min - **Equipment :** -

Ingredients : Serves 4

- 3 eggs - 15 g of butter - 150 ml of water - 120 g of parmesan - 1 tsbp of plain flour

1. Grate the parmesan in the midi bowl with the parmesan grater or, failing that, the 2-mm grater disc. Set aside.
2. Make a roux* by melting the butter in a saucepan over a low heat and adding the flour, stirring it in rapidly with a wooden spoon. Cook over a low heat, stirring continuously. As soon as the mixture starts to thicken, gradually add the hot water, still constantly stirring. Simmer for 3 minutes over a high heat, stirring constantly. Stir in the grated parmesan.
3. Preheat your oven to 180 °C (gas mark 4).
4. Separate the eggs.
5. Gently incorporate the egg yolks into the mixture away from the heat, adding them one by one.
6. Allow to cool.
7. Put the egg whites in the main bowl fitted with the whisk and beat for 5 minutes, remembering to remove the pusher before you begin.
8. Fold the egg whites gently into the cooled mixture. Season with pepper.
9. Divide the mixture between the ramekins. Bake for 15 minutes and serve immediately.

Patissier Multifunction ■

Mini Plus ■

Compact 3200 XL ■

CS 4200 XL ■

CS 5200 XL ■