



## Twice-baked cheese soufflé

**SERVES 4 PREP 20 mins plus chilling**  
**COOK 40 mins MORE EFFORT**

30g butter, plus extra for the ramekins  
50g parmesan, finely grated  
25g plain flour  
250ml full milk

**1** Heat the oven to 200C/180C fan/gas 6. Butter four (about 200ml) ramekins and freeze for 10 mins. Butter again, then coat with the parmesan and chill until needed.  
**2** Tip the butter into a saucepan and cook until melted, then scatter over the flour and stir to make a paste. Cook over a gentle heat for a few mins, then gradually stir in the milk until you get a smooth, thick sauce, and continue to cook for about 5 mins. Remove from the heat, and season with salt, pepper and a grating of nutmeg, then stir in half the gruyère and the egg yolks until fully combined.

**3** Whisk the egg whites until peaks begin

to form. Carefully fold the egg whites into the cheese sauce in three stages. Fill the prepared ramekins with the soufflé mix. Bake for 15 mins or until springy, risen and cooked through.  
**4** Leave to cool (they will deflate considerably), then run a knife around the edge of each dish and remove the soufflés. Place the upside-down soufflés in a shallow baking dish or ovenproof pan, scatter with the remaining gruyère and pour over the cream. Bake for 8-10 mins until golden. Serve with a salad, if you like.

**GOOD TO KNOW** calcium  
**PER SERVING** 432 kcals • fat 36g • saturates 22g • carbs 8g • sugars 3g • fibre none • protein 18g • salt 1g



**Our chef's secret twist**  
'These soufflés are perfect as they are, but for an extra touch of cheesy decadence, they can also be topped with a sliced round of goat's cheese before warming in the oven – this makes them a three-cheese soufflé.'  
**Barney Desmazery,**  
skills & shows editor

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Samuel Groves  
Made in England 01817