

# CRUNCH TIME

## The Perfect Souffle



**Serve Information: 4 Souffles**

### **INGREDIENTS:**

20g Butter, softened  
45g Parmesan cheese  
30g Butter, extra  
40g Plain flour  
310ml Milk  
4 Eggs, separated  
Salt  
Pepper

### **EQUIPMENT:**

2 baking trays  
Oven mitts  
8 x 375ml soufflé ramekins  
2 pastry brushes  
4 small bowls to separate eggs  
Medium saucepan  
Wooden spoon  
Whisk  
Bench top mixer with whisk attachment  
Metal spoon  
Serving plate



## METHOD:

1. Preheat oven to 200°C. Place an oven tray in the oven to preheat
2. Use bench top mixer with whisk attachment to whisk the egg whites in a clean, dry bowl until soft peaks form
3. Prepare the souffle containers. Brush the base and sides with butter to grease
4. Sprinkle parmesan cheese in the container and rotate to coat each base and side.  
Turn upside down to remove excess
5. Melt butter in a saucepan and stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly
6. Stir in milk and continue stirring until mixture boils and is smooth and thickened
7. Beat egg yolks and combine with sauce, blending thoroughly
8. Moving quickly but gently, add the egg whites to the mixture and fold through until just combined
9. Pour the mixture into the containers
10. Place the souffles on the preheated tray and bake for 10 minutes or until golden brown and puffed
11. When baking in the oven, air bubbles trapped in egg whites expand, making the souffle rise. The heat also causes the protein to stiffen and with the fat from the yolk, it forms a scaffold that keeps the souffle from collapsing



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