



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Cheese Souffle

Ingredients

45g (1½ oz) Butter
45g (1½ oz) Plain Flour
225ml (8fl oz) milk
Salt and Ground Pepper
125g (4½oz) Grated Mature Cheddar, or Gruyere
½ teaspoon Dijon mustard
5 Large free range eggs – separated
1 tablespoon Parmesan



Method

Grease a 1.2 litre (2pint) souffle dish. Melt the butter in a pan and add the flour, mix until smooth cooking for a minute. Slowly whisk in the milk, stirring until it has thickened and smooth. Mix in the cheese and mustard, season with salt and pepper. Taste.

Slowly stir in the egg yolks until fully mixed.

Heat the oven to 190C/375F/Gas 5.

In a clean bowl whisk up the egg whites until it forms stiff peaks. Stir in a tablespoon of the white mixture into the cheese mix to loosen the cheese mixture. When ready fold in the rest of the egg whites into the cheese mix.

Pour the mixture into the greased souffle dish. A sprinkle with the Parmesan. Put the dish on a baking tray and bake for 25-30 minutes until it is puffed up and golden in colour.

Serve immediately

Other Information

Serves 4

Preparation time – 20 minutes

Cooking time – 30-35 minutes