

Fresh Herb Soufflés

Yield 8- 8 oz

Chef Carrie Wong

12 oz with cheddar - grated
1 T snipped fresh chives
2 T Fresh Herbs (Tarragon, parsley, savory)
32 fl oz (225 ml) milk
1 large onion cut in half
2 bay leaves
a grating of fresh nutmeg
a few whole black peppercorns
½ tsp salt
½ cup) unsalted butter
½ cup flour
8 large eggs, separated

Place the milk, onion, bay leaf, a good grating of nutmeg, a few whole peppercorns and the salt in a small saucepan. Slowly bring it up to simmering point, then strain it into bowl and discard the onion, bay leaf and peppercorns. In a clean pan melt the butter. Stir in the flour and cook gently for 1 minute, stirring all the time to make a smooth, glossy paste. Now add the hot milk little by little, stirring well after each addition. When all the milk is, leave it on the lowest possible heat for 2 minutes. Stir Constantly. Take the sauce off the heat and transfer it to a large mixing bowl. Beat in first the egg yolks followed by the snipped chives & herbs. Mix everything thoroughly together and taste to check the seasoning. Finally fold in the cheese.

Next, the egg whites should go into another clean bowl and be whisked up to the soft peak stage. Then take a heaped tablespoon at a time and fold the egg whites into the cheese-and-egg mixture using cutting and folding movements so as not to lose the air. Now divide the mixture between the buttered ramekins, place them in the roasting tin and pour about ½ inch (1 cm) of boiling water straight from the kettle into the tin. Place the roasting tin on a high shelf in the oven and bake the soufflés at 350 degrees for 15 minutes or until they are set and feel springy in the centre (it is important not to under-cook them)