



FABULOUS CHEESE SOUFFLÉ

Wine pairing: VQA Chardonnay

A cheese soufflé is truly a wonder – it offers such a gratifying sense of accomplishment, but a fleeting one...get that soufflé to the table quickly! You want to quickly scoop into it, to appreciate the subtle crust yielding to a fluffy, rich interior and an almost sauce-like centre.

Makes one large soufflé

Serves 4

Prep Time: 20 minutes

Cook Time: 40 minutes

3 Tbsp (45 g)	unsalted butter, plus extra for the dish
3 Tbsp (14 g)	all-purpose flour
2/3 cup (160 mL)	2% milk
1/3 cup (80 mL)	whipping cream
¼ tsp	ground nutmeg
¼ tsp	fine salt
¼ tsp	ground white or black pepper
½ cup (50 g)	coarsely grated Emmenthal cheese
½ cup (50 g)	finely grated Parmesan cheese, plus extra for the dish
4	large eggs, separated and at room temperature

1. Preheat the oven to 400°F (200°C).
2. Melt the butter over medium heat in a medium saucepan. Add the flour and using a wooden spoon, stirring and cooking until it takes on an almond aroma and bubbles but does not colour, about 4 minutes. Slowly whisk in the milk and cream, stopping at each addition of 1/3 cup (80 mL) to make sure the mixture is smooth. Add the nutmeg, salt and pepper and continue to whisk until the sauce bubbles and thickens, about a minute. Scrape the sauce into a large bowl to cool for about 10 minutes. Using this time to get your soufflé dish ready.
3. Rub the inside of a 6-cup (1.25 L) soufflé dish generously with butter and then sprinkle it with Parmesan cheese, ensuring the cheese coats every inch and tapping out the excess. Wrap the outside of the soufflé dish in a sheet or parchment that is 4-inches (10 cm) taller than the top of the dish and secure it in place with a piece of butcher's twine. Place the dish on a baking tray.
4. Stir the Emmenthal and Parmesan cheeses into the slightly cooled sauce - the cheese will melt a little but not completely into the sauce. Stir in the egg yolks.



5. Whip the egg whites using electric beaters on high speed until they hold a stiff peak when the beaters are lifted. Fold a third of the whites gently but quickly into the soufflé base and then fold in the remaining whites. Pour the batter into the prepared dish and quickly get this into the oven. Bake for 30 minutes without opening the oven to peek - the top should be an even golden brown. Have everyone ready to eat, remove the parchment collar and serve immediately after baking.

INGREDIENTS

As above

- Have the cheese already grated

TOOLS

- 6-cup soufflé dish (straight-sided)
- Parchment paper & butcher's twine
- Baking tray
- Saucepan
- Whisk, wooden spoon and spatula
- Electric beaters or stand mixer

SUGGESTED WINES

Closson Chase 2018 Chardonnay
Cloudsley Cellars 2017 Chardonnay
Southbrook Vineyards 2017 Triomphe Chardonnay
Flat Rock Cellars 2018 Chardonnay
Hidden Bench 2018 Chardonnay
Westcott Vineyards 2019 Chardonnay

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