

## Cheese Souffle

This is a Bechamel based souffle.

- 2 tablespoons finely grated Parmesan cheese
- 1 cup whole milk
- 2 1/2 tablespoons unsalted butter
- 3 tablespoons unbleached all purpose flour
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- Pinch of ground nutmeg
- 4 large egg yolks
- 5 large egg whites
- 1 cup coarsely grated Gruyère cheese (about 4 ounces)

Preheat to 375 F. Butter 6 individual soufflé dishes and cover with Parmesan.

Warm milk in heavy small saucepan over medium-low heat until steaming.

Meanwhile, melt butter in heavy large saucepan over medium heat. Add flour and whisk until mixture begins to foam and loses raw taste, about 3 minutes (do not allow mixture to brown).

Remove saucepan from heat; let stand 1 minute. Pour in warm milk, whisking until smooth. Return to heat and cook, whisking constantly until very thick, 2 to 3 minutes.

Remove from heat; whisk in paprika, salt, and nutmeg. Add egg yolks 1 at a time, whisking to blend after each addition. Scrape soufflé base into large bowl. Cool to lukewarm.

Using electric mixer, beat egg whites in another large bowl until stiff but not dry. Fold 1/4 of whites into lukewarm or room temperature soufflé base to lighten. Fold in remaining whites in 2 additions while gradually sprinkling in Gruyère cheese. Transfer batter to prepared dish.

Place dish in oven. Bake until soufflé is puffed and golden brown on top and center moves only slightly when dish is shaken gently, about 15-18 minutes depending on size of ramekins. (do not open oven door during first 10 minutes).

## Chocolate Souffle

**This recipe is adapted from the famous Moustache café who were known for their Chocolate Souffle**

2 tbsp. butter  
2 tbsp. sugar  
6 oz. dark sweet chocolate  
1 c. sugar, divided  
3 oz. milk  
4 egg yolks  
6 egg whites  
Powdered sugar

- Preheat oven to 375F. Butter 6 individual souffle dishes and sprinkle with sugar.
- In a saucepan combine chocolate, 2/3 cup sugar and milk. Cook until chocolate is melted. Pour into a mixing bowl and add egg yolks. Mix well and set aside.
- In another mixing bowl beat egg whites until foamy. Gradually add sugar and beat until stiff. Fold half of meringue into chocolate mixture until well blended. Repeat with remaining half.
- Pour into souffle dishes and bake for 15-18 minutes. Remove from oven and sprinkle with powdered sugar. Serve by itself or with whipped cream on the side. 6 servings.