



Food For Thought Recipe and Allergen Card

Broccoli and Cheese Souffle

50 Portions

Ingredient	Hannah Product Code	Quantity
Broccoli – in florets		500g
Margarine	C000266	200g
Plain flour	D200205	200g
Milk- warmed		1,200 ml
Grated Cheese	C000485	500g
Mixed herbs	D001161	1tbsp
Eggs (separate yolks and whites)	C000350	20
Salt	D001199	1 tsp
Pepper	D001103	1 tsp

RECIPE METHOD – ALLERGENS

1. In a pan with salted boiling water cook the broccoli for 10 minutes until tender, but not mushy, then refresh in cold water to stop them cooking too far
2. Melt the **margarine** the bottom of a heavy bottomed sauce pan
3. Add the **flour** and mix very well, cooking for around 5 minutes
4. Gradually whisk in the warmed milk, this will make a thick white sauce, cook for 2 minutes and season to taste – make the flavours strong at this stage as the eggs will dilute them
5. Leave in a cool place for 15 minutes allowing the sauce to cool down
6. Stir in the 20 separated egg yolks, mixing very well
7. Stir in the cooked, cooled broccoli and grated cheese
8. Using a planetary mixer with the balloon whisk attachment, whisk the separated egg whites
9. They need to be at the 'stiff peaks' stage – which means that when you lift the balloon whisk out of the bowl it leaves a stiff peak of egg white
10. Stir 1/3 of the whisked egg whites into the cooled white sauce mixture
11. Carefully fold in the remaining egg whites – DO NOT OVER MIX – the egg whites are adding AIR, if you over mix the soufflé will not rise
12. Grease the inside of a baking dish with margarine, and fill the dish 2/3 full of the mixture – cook in a preheated oven at 180°C for 45 minutes
13. DO NOT OPEN THE DOOR UNTIL IT IS COOKED AS THE SOUFFLE WILL SINK!!

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...