



Broccoli and Cheese Souffle

Ingredient	10 Portions	50 Portions	100 Portions
Broccoli – in florets	100g	500g	1kg
Margarine	40g	200g	400g
Plain flour	40g	200g	400g
Milk- warmed	240ml	1.2 ltr	2.4ltr
Grated Cheese	100g	500g	1kg
Mixed herbs	1 tsp	1tbsp	2tbsp
Eggs (separate yolks and whites)	4	20	40
Salt	pinch	1 tsp	2tsp
Pepper	pinch	1 tsp	2tsp

Key Points

try not to open the oven door during the cooking process as the souffles will sink.

Method

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 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

Allergens Wheat, Milk, Eggs