

Double Baked Emmental Soufflé

Serves 4

Ingredients

30g *Softened butter*

10g *Butter*

10g *Flour*

150ml *Milk*

50g *Emmental Cheese*

2 *Egg yolks*

Salt and freshly cracked black pepper

4 *Egg whites*

2 tsp *Lemon juice*

Topping

200ml *Double cream*

20ml *Kirsch*

Salt and freshly cracked black pepper

125g *Grated Emmental*

50g *Ground almonds, toasted*

Preheat the oven to 135C.

Rub the softened butter in a thick layer around 4 large dariole moulds. Coat each of the moulds with the toasted ground almonds.

Melt the butter in a small saucepan, stir in the flour and cook for 1 minute, then take off the heat. Stir in the milk in small additions. Return to a medium heat and bring to the boil, stirring. Reduce the heat and simmer for 1 minute.

Remove the pan from the heat, stir in 50g Emmental cheese and transfer to a mixing bowl. Allow to cool until lukewarm then stir in the egg yolks and season generously with salt and pepper. Whisk the egg whites with the lemon juice until they hold their shape. Add a large spoonful of the whisked egg whites into the cheese mixture, stirring well. Then carefully fold in the remaining egg whites.

Divide the mixture between the dariole moulds. Place the moulds into a roasting tin and fill with boiling water until the water comes two thirds of the way up the sides of the moulds. Cook in the oven for 16 – 18 minutes or until the soufflés are well risen and set.

Whilst the soufflés are still warm turn them out onto a shallow ovenproof baking tray or serving dish.

Preheat the oven to 160C. Mix together the double cream and Kirsch, season with salt and pepper. Top the soufflés with the remaining grated cheese and then pour the cream mixture over each.

Cook the soufflés in the oven for 10 minutes until they are well puffed up and golden brown. Serve immediately with a crisp green salad or apple and walnut salad.

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