

Cheese soufflé

Recipe for 4 persons

Description

A french typical dish, light and tasty.

Note

You could use any other kind of cheese. Don't forget that you'll wait for the soufflé but the soufflé is not waiting for you.

Ingredients

For the soufflé

- 30 Gr Butter
- 30 Gr Flour
- 300 Ml Milk
- 2 Ml Nutmeg
- 4 Unit(s) Egg
- 150 Gr Comté cheese
- 4 Handful(s) Mixed greens

- Salt and pepper

Preparation

- Preparation time **15 mins**

For the bechamel sauce

In a sauce pan melt the butter on medium heat. Add the flour and mix quickly to get it smooth. Cook it still for two minutes without coloration. Remove from the stove, add the milk by whisking quickly. Put it back on the stove and cook it 10 minutes more, add the nutmeg and season it.

For the soufflé

Separate the yolks from the whites, montez the whites with a pinch of salt. Add the cheese to the bechamel sauce, add the yolks one by one, add the montés egg white gently with a spatula for not breaking it. Put some butter in the ramequins, add the mix and cook it in the oven for 30 minutes without opening the door, serve immediatly with the salad and your choice of vinaigrette.

Bon appétit!