

Twice Baked Cheese Souffles

- 3 TBSP Butter
- ¼ cup All Purpose Flour
- ¾ cup Milk
- 2 cups shredded cheddar (I used Tillamook Sharp)
- 2 egg yolks
- 4 egg whites
- Salt, Pepper
- 1 small wedge Parmesan Cheese

Method – Preheat the oven to 400 degrees. Spray 12 ramekins or a 12 cup muffin tin with cooking spray. Melt the butter in a small pan. Stir in the flour, and cook for 2 minutes. Add the milk a bit at a time, stirring well to keep lumps out. Cook for another minute or two to thicken, then stir in the shredded cheese. After the cheese melts, take the pan off the heat, and beat in the 2 egg yolks, along with salt and pepper to taste. (Note: You can use other cheeses, such as goat cheese or parmesan. If you're using a saltier cheese, don't use much salt – taste the cheese sauce to see if it's salty enough for you.) Whisk the egg whites until they are stiff. Fold them into the cheese mixture in three batches. Divide the mixture between the muffin cups or ramekins. Bake for 20-25 minutes until golden and evenly risen. Cool slightly before removing from the tins. At this stage they can be kept chilled for 24 hours in a sealed box. They deflate as they cool, but they'll rise again when re-baked. To serve, preheat the oven to 350 degrees. Place the souffles on a parchment-lined baking tray and grate some parmesan over them. Bake for 20 minutes, then serve.