

# Jacques Pepin's Foolproof Cheese Soufflé

Preparation time: 50 mins

Serves: 4 people

Categories:

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Dinner Recipes



## Ingredients

60g butter, plus extra for greasing

60g plain flour

500ml milk

½ tsp nutmeg

5 eggs

2 cups grated gruyere cheese

3 tablespoons of parmesan

½ bunch of chives, finely chopped

Salt & pepper

## Method

1. Preheat the oven to 200C. Generously butter a 22cm pan.
2. To make the béchamel, melt the butter in a saucepan over a medium, add the flour and stir thoroughly to form a smooth paste (roux). Whisk in a quarter of the milk to ensure there are no lumps. Pour in the rest of the milk and whisk over medium-high heat for 3-4 minutes or until the sauce becomes very thick.
3. Take off the heat and season with salt, pepper, and nutmeg. Cool.
4. Crack the eggs into a bowl and whisk together.
5. Now add the cheese to the béchamel (reserving a small handful of Gruyere and a tablespoon parmesan), followed by the chives and eggs. Fold through and then pour into a 22cm pan, sprinkle remaining cheese on top. Bake in the oven for 30-40 minutes, or until puffy and well browned on top.
6. Remove and serve immediately.

## Notes

As seen on Everyday Gourmet with Justine Schofield.



## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>184g</b>	<b>1710kJ</b> 409kcal	<b>23.5g</b>	<b>29.3g</b>	<b>17.6g</b>	<b>12.7g</b>	<b>5.5g</b>
Sodium	Fibre					
<b>386mg</b>	<b>0.3g</b>					

All nutrition values are per serve.