

PETER GILMORE'S GOAT'S CHEESE SOUFFLE

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Categories: Dinner Recipes, Entertaining

Baked

Occasions: Dinner



You'll want to find a friend, neighbour or family member to help you in the kitchen with this recipe as it's definitely a two person cook, but the delicious creamy souffle is in fact very forgiving to make. It's perfect for anyone attempting to make a souffle for the first time. Plus the fun of cooking with a friend or loved one will be an added bonus.

Serves: 4 people

INGREDIENTS

SOUFFLE

- 60g unsalted butter
- 60g plain flour
- 375ml whole milk
- 7g fine sea salt
- 55g goats' fetta / curd
- 55g comte/gruyere cheese
- 3 egg yolks
- 5 egg whites
- Pinch of black pepper
- Extra 15g unsalted butter and 1 tbsp plain flour for greasing the mould

SAUCE

- ½ eschalot, finely chopped
- ¼ clove of garlic, finely chopped
- 20g unsalted butter
- 250ml cream
- Zest of half lemon
- Pinch of salt and pepper
- 80 comte cheese, finely grated

SALAD

- 300g small leaf salad mix
- ½ eschalot, finely chopped
- ¼ clove of garlic, finely chopped
- ½ tbsp smooth Dijon mustard
- Pinch of salt / pinch ground black pepper
- 50ml quality red or white wine vinegar
- 75ml extra virgin olive oil
- 75ml grape seed oil
- 15 roasted walnut halves
- 1 Spanish onion
- 1 punnet of heirloom cherry tomatoes
- 1 bunch parsley or other herbs of choice

METHOD

SOUFFLE

1. Preheat oven to 180 degrees celsius and place an appropriate size baking dish in the middle shelf of the oven and half fill with water. Make sure the souffle dish will fit inside the container and the water does not overflow.
2. Weigh and measure out all of the ingredients - this will make the cook much easier.
3. Melt 15g of butter and, using a pastry brush, brush or smear the butter all over the base and up the sides of your souffle dish to make sure it is completely covered with a light film of butter. Next, add the tablespoon of flour to the souffle dish and shake it all around to coat, discarding any excess flour.
4. Melt 60g butter in a medium saucepan, add the flour and stir with a wooden spoon over a medium heat, then slowly add the milk while whisking continuously to keep the mixture smooth. Once the milk has been fully incorporated, cook for a further minute and then add the cheeses and whisk well.
5. Remove the pot from the heat and place onto a board on the bench. Allow the mixture to cool down slightly then whisk one egg yolk in at a time.
6. Using a mix master with a whisk attachment, whisk the egg whites until soft peaks are formed. In the meantime, transfer the cheese & egg mixture into a stainless steel bowl.
7. Once the egg whites are ready, add 1/3 of the egg whites to the cheese and egg mixture. Incorporate well with a hand whisk. Next add the remaining 2/3 of egg whites to the mixture and fold through gently with a spoon.
8. Transfer the souffle mixture into the prepared souffle dish and place the dish in the water bath in the oven.
9. Cook for 35 minutes, and make the sauce while the souffle is cooking.

SAUCE

1. Place the butter, eschallots and garlic into a small saucepan and sweat over a medium heat. Once the eschallots and garlic are translucent, add the cream.
2. Slowly simmer the cream for approximately 6-7 minutes or until it has reduced by half at which point, add the cheese, lemon zest and salt and pepper. The heat must be turned off when adding the cheese and use a small hand whisk to incorporate the cheese into the cream. Put the sauce aside until the souffle is ready.

Once the souffle is ready, carefully remove from the oven. Scoop out the souffle with a large spoon onto your serving plates, quickly reheat the sauce and drizzle it over the souffle and serve with a salad of your choice.

SALAD

- Wash the salad leaves in cold water, dry and place in a mixing bowl.
- Finely slice the Spanish onion and place in a container. Pick and wash herbs and place in a container. Cut the cherry tomatoes in half and place in a container. Break your walnut halves into smaller pieces and place in a container. For the dressing - finely dice the eschallots and garlic, place into a medium size bowl. Add the mustard, salt and pepper and wine vinegar. Give this mixture a good stir. Combine the two oils and slowly drizzle in the oils while whisking the other ingredients. You do this to emulsify the dressing - put the dressing aside.