

# Twice Baked Cheese Soufflé

This recipe makes 4 x 200 mL (7 fluid ounces) ramekins.

## Ingredients:

- 30 g butter, divided, plus additional for buttering ramekins
- 30 g/1.5oz plain all purpose flour
- 250 mL (1 cup) milk, heated
- 150 g (1 small) pear, finely chopped or cubed
- 40 g (1/4 cup) leeks, finely chopped
- 2 eggs, separated
- 60 g blue cheese, crumbled salt and pepper

## Directions:

1. Preheat the oven to 350° F (180° C).
2. Butter 4 ramekins well, all the way up the sides. Boil some water.
3. Melt 10 g of the butter in a saucepan and add the chopped pears and leek and cook on medium heat until softened. Season with salt and pepper. Pour out of the pan and set aside to cool.
4. Melt the remaining butter in the pan and add the flour all at once. Cook the flour for a minute without burning it. Add the milk and whisk until smooth, it will be very thick.
5. Add the pear and leek mixture and stir well until combined in the roux. Add the egg yolks and stir well to combine. Set aside to cool.
6. Meanwhile, beat the egg whites until stiff but not dry. Take about 1/4 of the beaten egg whites and stir it into the roux mixture to loosen. Fold in the remaining egg whites until well incorporated but not deflated.
7. Divide the mixture into the four ramekins and bake in a bain-marie (this is why you were boiling the water) for 35-40 minutes or until tops are lightly golden (remember, they will be baked again).
8. Allow to cool in the ramekins for about 5 minutes (they will deflate a bit), then gently loosen sides with a sharp knife and turn them out onto a cooling rack and cool until room temperature.
9. Wrap each soufflé individually in plastic wrap and then bag in a large zip lock freezer bag. Freeze until required.
10. To defrost, remove from the freezer the night before it is required and defrost in the refrigerator. The microwave is not suitable for this step.
11. Prepare the béchamel finishing sauce.  
Lay the soufflés into individual oven proof dishes (I used cast iron) and prepare the béchamel finishing sauce.



## **Ingredients for Béchamel Finishing Sauce:**

Serves 4

- 5 g (1 tsp) duck fat, bacon fat or unsalted butter
- 15 g (1 tbsp) all-purpose flour
- 250 mL (1 cup) milk
- 5 mL (1 tsp) thyme leaves
- 1 1/2 slices bacon, cooked until crispy, chopped
- Salt, to taste

## **Directions for Béchamel Finishing Sauce:**

1. Melt butter in a small saucepan, add the flour and cook the roux without burning for about 1 minute.
2. Slowly add the milk while whisking to create a smooth sauce, cook until thickened.
3. Flavour with the thyme leaves, bacon and salt.
4. Pour over the defrosted soufflés in an oven-proof bakeware and bake about 25 minutes in a preheated 350° F (180° C), to heat it through.