

Gougère

Gruyère Soufflé

(4 servings)



Ingredients:

3½ oz Gruyère Cheese, freshly grated
4 tbsp Butter + Butter for the Soufflé dish
1 generous cup Water
1 scant cup Flour
3 Eggs, separated
Salt
Nutmeg

Directions:

Preheat the oven to 425°F.

Melt the butter with a little salt in a saucepan, then pour in the water and bring to a boil. Add the flour all at once, stirring constantly until the batter is smooth, detaches from the side of the saucepan, and forms a ball around the spoon.

Remove the pan from the heat and beat in the egg yolks one by one, then stir in the grated cheese and a little nutmeg.

Lightly butter a 6" soufflé mold or 4 individual ramekins, and place in the oven while finishing the batter.

Beat the egg whites until stiff, add a quarter of them to the batter, stirring them in with a whisk; then incorporate the rest of the egg whites in the same way.

Remember to keep an eye on the buttered mold(s) – the butter should just start to brown lightly.

Remove the mold(s) from the oven, pour in the batter, return to the oven and bake for 25 min or until the blade of a knife comes out clean when stuck into the center of the gougère.

Serve as soon as they come out of the oven.