

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

St Agur Soufflé

- 4 tbsp (60 mL) butter, room temperature
- 6 tbsp (60 mL) all-purpose flour
- 1 1/3 cup (330 mL) whole milk, warm
- 6 ounces St Agur cheese, chopped (or chèvre)
- 4 egg yolks
- 4 egg whites
- 2 tbsp (30 mL) fresh savoury herbs such as
thyme, sage, oregano or chives**, minced
- Sea salt

Preheat the oven to 400F (200C). Butter the inside of 10 ramekins. Set them aside. In a large saucepan, melt the butter, add the flour and whisk to form a smooth roux. Cook over medium heat, stirring constantly, for 2 to 3 minutes until the pasty flour flavour is cooked out. Add the warm milk and whisk vigorously until the mixture is smooth and thick, about 6 minutes. Cook on low heat, stirring constantly, for another 2 to 3 minutes.

Remove the mixture from the heat, add the St Agur (if using) or chèvre and stir until the cheese is melted. Whisk in the egg yolks quickly so they don't scramble and season generously with salt and pepper (the seasoning should be intense here to compensate for the later addition of the egg whites).

Using an electric mixer, whip the egg whites until they form soft peaks. Stir 1/4 of the egg whites into the cheese mixture to lighten it, then carefully fold in the remaining egg whites. Fill the prepared ramekins; it should be about 3/4 full. Sprinkle the top of the soufflé with the dried thyme. Bake in the preheated oven until risen, golden brown and just barely firm in the center, 40 to 45 minutes. Serve immediately.

Makes 10 soufflé.



Recipe courtesy of Food Writer, Cookbook Author and Nutritionist, Lynn Ogryzlo

Email Lynn with questions or comments at FOOD101program@gmail.com

What You Eat Matters!