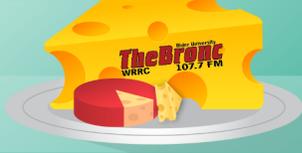


RIDER STUDENT TOP CHEF:



THE BIG CHEESE

**Name**

Francesca Clarke

**Recipe Title**

Souffle au fromage

**Recipe Ingredients**

- 5 eggs (you will use 5 whites and 4 yolks)
- 3-1/2 ounces (100 g) Comté, Gruyère or another hard cheese
- 2 tbsp. butter, plus a little extra for buttering the soufflé dish
- 2 tbsp. flour
- 3/4 cup (15 cl) milk
- 1/2 tsp. salt
- freshly ground black pepper
- 1 clove garlic

**Recipe Instructions**

1. You will need a soufflé dish, a medium-size bowl for the egg whites, a small bowl for the yolks, a medium-size heavy bottomed saucepan, a wire whip, an electric beater and a rubber spatula.
2. Preheat the oven to (400 F). Place the rack in the lower third.
3. Grease soufflé dish with lots of butter.
4. Separate the eggs, placing the five whites in the medium bowl and four yolks in the small bowl , discarding the fifth yolk.
5. Grate the cheese, using the medium holes of your grater. It will come to about 1-1/2 cups of loosely packed cheese when thickly grated.
6. Measure out the flour and milk and have them standing ready. Peel and halve the garlic.
7. Melt the butter in your saucepan until it begins to bubble. Be careful to not let it brown.
8. Add the flour and stir to blend this will create your lovely roux.
9. Allow the roux to cook over medium heat for about a minute, without stirring.
10. Next pour in the milk and whisk with the wire whip until the mixture thickens. It should have the consistency of a thick custard.
11. Remove from heat and immediately add the grated cheese.
12. Stir until everything has completely melted.
13. Add the salt and grind in some black pepper.

14. Involve the garlic halves beneath the surface of the sauce.
15. Allow the cheese sauce to cool for 5 minutes.
16. Remove the garlic halves. Now stir in the yolks, you must do this quickly to ensure that they do not coagulate.
17. Beat the egg whites until they are stiff but not dry. If they hold their shape when you remove a beater, they are firm enough and you have done a good job.
18. Transfer about one-quarter of the beaten egg whites into the cheese sauce.
19. Stir to blend until the color of the sauce becomes as light as any Lacroix flavor.
20. Now pour the lightened sauce over the beaten whites and, using a rubber spatula, gently fold in:
21. Run your spatula around the sides of the bowl and beneath the mass, lift up and fold over. Repeat until the mixture is well blended, being careful not to deflate the delicate whites.
22. Transfer the mixture to your soufflé dish. Smooth the top and place in the oven.
23. Bake for 5 minutes, then turn down the heat to (350 F) and continue baking for 20 minutes more. Resist the temptation to peek. I know it's hard but you must. If you open the oven during this period, the soufflé could collapse and anarchy ensues.
24. After 25 minutes total baking time, open the oven door ever so slightly to take a look. The soufflé is done if it is high and thoroughly browned on top. If so, remove and serve. If not, close the oven door and cook 5 minutes more.
25. Bring the soufflé to the table as soon as it comes out of the oven. Serve on its own or accompanied by a salad of tender greens. Serves 2-3.