

Twice-baked Cheese Soufflés



Serves 6

Prep 45 mins

Cooking 30 mins

Challenge

Ingredients

1½ tbsp olive oil, plus ½ tsp for greasing
1 heaped tbsp polenta
1 tsp butter
25g plain flour
250ml semi-skimmed milk
50g Parmesan, grated
1 tsp Dijon mustard
50g light soft cheese
2 heaped tbsp snipped chives, + extra to serve
2 large egg yolk
3 large egg white
50g salad leaves

For the tomato salsa

350g cherry tomatoes, finely chopped
1/2 small red onion, finely chopped
1 tsp tomato purée

1. Lightly grease six 150ml ramekins with oil and coat with the polenta, shaking out any excess. Sit the ramekins in a small roasting tin. Heat the oil and butter in a medium saucepan, stir in the flour and cook, stirring, for 1 min. Remove from the heat and pour in the milk, a little at a time, stirring well until mixture is smooth.
2. Heat oven to 200C/180C fan/gas 6. Return pan to the heat and cook, stirring continuously, until mixture thickens and comes to the boil. Remove from the heat. Reserve 1 heaped tbsp of the Parmesan and stir the rest into the mixture, with the mustard, then the soft cheese in small spoonfuls. Add the chives, season with pepper and leave to cool slightly.
3. Meanwhile, make the salsa. Mix together the tomatoes, onion and tomato purée. Season with a grinding of pepper, and chill.
4. Beat the egg yolks into the cheese mixture. Whisk the egg whites to stiff peaks. Using a large metal spoon, fold a spoonful into the mixture to slacken slightly. Gently and evenly fold in the remaining whites, half at a time, keeping mixture light and airy. Evenly spoon into the ramekin dishes to fill. Pour cold water into the roasting tin to come halfway up the sides of the dishes. Bake for 15-18 mins until golden on top and risen. Carefully remove from the tin and leave to cool. The soufflés will sink as they cool - they can be left for 20 mins before re-baking, or cover the dishes once cold and keep overnight in the fridge.
5. When ready to serve, heat oven to 200C/180C fan/gas 6. If the soufflés have been in the fridge, sit them at room temperature for about 10 mins before baking. Turn each out of its dish and place, right-side up, on a baking sheet lined with baking parchment. Sprinkle the reserved Parmesan over each soufflé, then bake for 10 mins or until risen. Scatter with chives. Serve each with a pile of salad leaves and salsa.