

Twice-baked Mushroom & Camembert Soufflés



Serves 4

Prep 20 mins

Cooking 45 mins

Easy

45g butter, + extra for greasing
112g chestnut mushrooms, chopped
into small, even-sized pieces
salt & freshly ground black pepper
34g plain flour
225ml full -fat hot milk
2 large eggs, separated
75g Camembert cheese, cut into
small cubes
salad leaves to garnish

Tips:

Fast-fry the mushrooms; Make a thick, smooth soufflé base; Lighten the mixture; Bake light fluffy soufflés; Re-bake the soufflés; Make a creamy sauce to finish.

1. Generously butter the ramekins. Melt 15g butter in a large, non-stick frying pan over a medium-high heat, add the mushrooms, & fry for 3-4 mins or until they start to turn brown & all the juices are reduced. Remove using a slotted spoon, drain on kitchen paper, season with salt & pepper, & set aside to cool. Preheat the oven to fan 200C/Gas 7).
2. For the soufflé base: melt remaining butter in a large pan over medium heat. Stir in the flour & cook, whisking continuously, for 1 min. Remove the pan from the heat & whisk in the hot milk very gradually. Return to the heat & bring to the boil. whisking all the time, until thickened.
3. Cook for a few seconds, still stirring, then remove the pan from the heat. Beat in the egg yolks, one yolk at a time, then stir in the mushrooms and cheese and season with salt and pepper. Leave to cool a little.
4. Whisk the egg whites until they form soft peaks. Stir about 1 tablespoon of the egg whites into the egg-yolk mixture, then carefully fold in the rest of the whites.
5. Divide the mixture evenly among the ramekins. Place them in a roasting tin & pour enough boiling water in the tin to come halfway up the sides of the ramekins. Bake the soufflés for 15-18 mins. Carefully remove the ramekins from the tin. Let the soufflés sit for 5-10 mins.
6. Butter a large, shallow baking dish. Carefully unmould each soufflés and sit them in the dish. (The soufflés can be made to this point several hours ahead and chilled in the dish covered with cling film.) Return the soufflés to the oven and bake for 10-12 minutes, or up to 15 mins for chilled soufflés.
7. Meanwhile, make the sauce: heat the cream and mustard in a small pan over a medium heat and season with salt and pepper. When bubbles appear round the edge of the pan, lower the heat and simmer gently for 3-4 minutes. To serve, spoon and drizzle a little sauce into the centre of each plate and sit a soufflé on top. Garnish with salad leaves and serve the rest of the sauce separately.