

Cheese soufflé.

Serves: 4

Cooking time: 40 minutes

Ingredients

5 Church and Manor duck eggs

Salt

200ml/7floz milk

A few slices of onion and carrot,
a bay leaf and 6 black peppercorns
for flavouring

25g/1oz butter

30ml/2tbsp flour

30ml/2tsp Dijon mustard

5ml/1tsp cayenne pepper

75g/3oz Cheddar cheese, grated and
stale white bread crumbs

15ml/1tbsp Parmesan cheese

Method

1. Place milk and the flavouring ingredients in a medium saucepan, bring slowly to the boil, remove from heat, cover and leave to infuse for 30 minutes. Strain and reserve milk. Meanwhile grease a 2¹/₄ pt soufflé dish.

2. Preheat the oven to 180°C/350°F/Gas 4. Place a baking sheet in the oven to heat. Melt butter in a medium saucepan, stir in flour, mustard and seasoning and cook gently for 1 minute. Gradually stir in the milk and bring to the boil slowly, continue to cook, stirring until sauce thickens. Cool slightly.



3. Beat the egg yolks into sauce one at a time. Stir in the Cheddar and about half the Parmesan.

4. Whisk egg whites until stiff, then mix one large spoonful of egg white into sauce to loosen the mixture, then gently fold in remainder.

5. Pour the mixture into the prepared soufflé dish and sprinkle on bread crumbs and the remainder of the Parmesan. Place on the hot baking sheet and bake for 40 minutes until well risen, golden brown and firm to touch. Serve immediately.