BASCO
GOURMET SPAIN TO YOUR DOOR

Manchego Cheese Soufflé



PREP TIME
10 MINS

COOK TIME
25 MINS

TOTAL TIME
35 MINS

SERVES 4 PEOPLE

EASY

Ingredients

25g unsalted butter, softened
4 tbsp cured Manchego cheese, finely grated
40g butter
40g plain flour
300ml whole milk
100g coarsely grated cured Manchego cheese
4 eggs

Method

Preheat your oven to 200°C/392°F/ Gas Mark 6.

Start by greasing four oven-proof ramekins with the help of a brush and the softened butter until thoroughly coated. Coat the insides of the ramekins with the finely grated Manchego cheese, tipping away any excess.

In a saucepan, melt the butter over a medium heat, then stir in the flour and mix until you obtain a smooth roux, cook on a low heat for one minute. Gradually whisk in the whole milk and cook, whisking continuously, for 5 mins or until the mixture thickens.

Remove the bechamel sauce from the heat and add the coarsely grated Manchego cheese. Stir until the cheese is melted then transfer the cheese sauce to a large bowl. Allow the sauce to cool for 5 mins. Separate the eggs, reserving the whites. Stir the yolks into the cooled cheese sauce, one at a time, until well combined. Cover and allow to cool to room temperature.

Place the egg whites in a clean bowl and whisk until they reach stiff peaks. Stir a large spoon of the whisked egg whites into the cheese sauce until loosened and well incorporated. Carefully fold through the remaining egg white using a large metal spoon, trying to only stir once or twice, taking care to knock out as little air as possible.

Place the prepared ramekins on a baking sheet and divide the soufflé mixture between them. Run your finger around the edge of each ramekin to create a ‘top hat’ effect. This will ensure the soufflés rise evenly. Sprinkle some finely grated Manchego cheese over the top of each soufflé. Bake the soufflés for 15 minutes or until well risen. The tops of the soufflés should feel soft but springy to touch with a slight wobble when the ramekins are shaken.

Please note the soufflés will remain firm and risen for just a few minutes before they start deflating, so serve and eat immediately after removing from the oven. Serve with a salad of frisée lettuce, spring onions, crushed walnuts and a classic Dijon mustard vinaigrette.

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