

## Soufflé au Fromage (Cheese Soufflé)

This is a recipe from the 1979 printing of The New New York Times Cookbook by Craig Claiborne and Pierre Franey, with a few minor changes and comments. In my view, it a significant improvement on the '61 and '71 versions that we also have in our library of 200+ cookbooks. The other recipes are fine, but this one is outstanding, and we have served it dozens of times to rave reviews.

Yield: 4 to 6 servings.

2-2.5 Qt	Soufflé dish
6 T	Butter
$\frac{1}{4}$ lb or 125g	Gruyere Cheese (a sharp cheddar is OK)
8	Eggs
5 T	Flour
2 Cups	Whole Milk
1/8 †	Freshly Ground Pepper & Salt to taste
1/8 †	Freshly Grated Nutmeg
Pinch	Cayenne Pepper
2 T	Cornstarch
3 T	Water
$\frac{1}{4}$ Cup	Parmesan Cheese, Coarsely Grated Parmigiano-Reggiano if possible
2 T	Gruyere Cheese, Coarsely Grated

1. Use 2 tablespoons of butter and butter all around the inside rim (about 1") and bottom of a 2 to 2.5-quart soufflé dish (2-2.3 L). Place the dish in the freezer for several hours or overnight until ready to use.
2. Allow the eggs, milk and water to come to room temperature. Preheat the oven to 400 degrees.
3. Cut the Gruyere into  $\frac{1}{4}$ -inch cubes. There should be about 1 cup. Set aside.
4. Separate the eggs, placing the yolks in one bowl and the whites in another.
5. Melt the remaining butter in a saucepan and add the flour, cooking for a minute or two while stirring with a wire whisk. Add the milk slowly, stirring rapidly with the whisk to avoid clumping. Add salt and pepper to taste, nutmeg and cayenne. Cook for 30 seconds, stirring.
6. Blend the cornstarch and water and add this to the bubbling sauce, stirring. Cook for about 2 minutes. Add yolks, stirring vigorously. Cook, stirring, for about 1 minute.
7. Spoon and scrape the mixture into a large mixing bowl. Add the cubed Gruyere and Parmesan cheese. Blend well.
8. Beat the egg whites until stiff. Add half the whites to the soufflé mixture and mix thoroughly. Add the remaining whites and fold them in quickly but gently with a rubber spatula.
9. Spoon and scrape the mixture into the frozen soufflé dish. Sprinkle with the grated Gruyere and place in the oven.
10. Bake for 15 minutes. Reduce the oven heat to 375 degrees and bake for 15 minutes longer. Serve immediately.