

Cheesy Mushroom Souffles

Servings: 6

Prep Time: 10min

Cook Time: 25min

Ingredients

- 45 ml olive oil
- 250 g brown mushrooms, finely chopped or grated
- 30 ml butter
- 65 ml flour mixed with 15 ml cornflour
- 400 ml heated milk
- 125 g mascarpone or plain cream cheese
- 4 extra-large Nulaid eggs, separated *
- 125 ml chopped basil
- 100 g Gruyere cheese, coarsely grated
- generous pinch of ground nutmeg
- salt and ground black pepper
- 200 ml cream
- some micro herb leaves



Directions

1. Heat the oil and add the mushrooms. Saute until their juices have evaporated and you're left with a barely moist, nut-brown mixture. Add the butter and when melted, add the flour and cornflour mixture. Mix well then stir in the milk, whisking until it boils and thickens. Reduce heat and simmer for a minute, stirring all the time. Remove from heat and whisk in the mascarpone or cream cheese. Set aside to cool.
2. When cool, whisk the Nulaid canola egg yolks into the mixture. Then stir in half the basil, the Gruyere cheese and the nutmeg. Season to taste with the salt and pepper.
3. Whisk the egg whites stiffly and fold into the sauce mixture. Spoon the mixture into six large ramekins that have been lined with baking paper and sprayed with non-stick spray leaving about one cm space around the top rim for the souffles to rise. Place them into a baking tray and pour boiling water into the tray until about 2 cm deep. Bake in the oven preheated to 190 degree C for 20 - 25 minutes or until firm, golden and puffed. Remove from oven and allow to cool. They will collapse: do not be alarmed. In fact, you can make them hours ahead of serving time.
4. When you are ready to serve, carefully remove the souffles from their baking vessels and remove the baking paper. Invert them on 6 small, oven-safe serving dishes and place the dishes on a baking sheet. Whisk together the cream and remainder of the basil. Pour over souffles and bake at 190 degree C for 10 - 12 minutes or until they're puffed again. Remove from oven, scatter with micro herbs and serve immediately.