



stoneware

Hot Smoked Salmon Soufflés with a Parmesan Crust

Stoneware Ramekins x 4



Hot Smoked Salmon Soufflés

with a Parmesan Crust

Makes 4

Perfect as a starter, these light and tasty soufflés are baked and served in individual ramekins. A thick, roux based sauce is enriched with egg yolk, then flavoured with flakes of hot smoked salmon, chives and a hint of chilli. They are then finished with lightly folded, whisked egg whites and a parmesan topping.

Stoneware Ramekins x 4

Preparation time: 15 minutes

Cooking time: 20-25 minutes

Ingredients

For the ramekins

- 1 tablespoon softened butter
- 2 tablespoons finely grated parmesan cheese

For the soufflés

- 40g butter
- 40g plain flour
- A couple of dashes of Tabasco® sauce or a pinch cayenne pepper
- 250ml milk
- 1/8 teaspoon salt
- 3 large eggs – yolks and whites separated
- 85g hot smoked salmon – flaked
- 10 fresh chives – chopped
- 2 tablespoons finely grated parmesan cheese for topping

Oven: 200°C

Fan Oven: 180°C

Method

1. Prepare the ramekins by lightly buttering the inside and dusting with the grated parmesan cheese.
2. To make the soufflés, melt the butter in a sauce pan, stir in the flour with the Tabasco® or pinch of cayenne pepper and cook the roux for 1-2 minutes. Whisk in the milk, a little at a time, and continue to cook until thickened. Season with the salt.
3. Transfer the sauce to a medium sized mixing bowl and allow to cool for a few minutes before whisking in the egg yolks one at a time. Stir in the flaked fish and chopped chives.
4. In a clean, grease free bowl, whisk the egg whites until they hold a stiff peak.
5. Fold the egg whites into the sauce, taking care not to over mix and lose the air.
6. Spoon the mixture equally between the prepared ramekins, sprinkle over the topping cheese and bake for 16-18 minutes until well risen and golden.

Serve immediately.

Cook's notes

Buttering and dusting the ramekins with cheese before filling adds extra flavour to the crust.

Hot smoked trout also works well for this recipe and the chives can be substituted with dill if preferred.

Have your serving plates ready prepared with accompaniments such as bread and salad.



Stoneware Ramekins x 4

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