

Cheese and Herb Soufflé

Courtesy of

- [Laura Calder](#)
- [French Food at Home](#)

Yield: 4

Ingredients

- 1 cup milk
- 1 bay leaf
- half of a small onion, peeled
- pinch of paprika
- Parmesan, grated, for dusting the dish
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons flour
- 3 eggs, separated + 1 egg white
- 3 ounces cheese, grated or mashed
- 1 tablespoon chopped fresh herbs
- 1 pinch Salt and pepper
- branch of rosemary, cut in three

Directions

1. Put the milk with the bay leaf, onion, and pinch of paprika in a saucepan and bring just to the boil. Turn off the heat, cover, and set aside to infuse 10 minutes. Heat the oven to 400°F/200°C. Butter 8 1/2-cup/125 ml ramekins or 1 4-cup/1 litre soufflé dish, and dust with the grated Parmesan.
2. In a clean saucepan, melt the butter. Whisk in the flour and cook one minute. Gradually whisk over the milk, and cook, stirring, until thick, about 5 minutes. Remove from the heat and beat in the yolks. Stir through the cheese and herbs. Season well with salt and pepper.
3. Beat the whites to stiff peaks with a pinch of salt. Stir a spoonful into the yolk mixture, then pour the yolk mixture onto the remaining whites and gently fold together. Pour into the soufflé dish and bake until risen and set, but still slightly creamy in the centre, about 30 minutes, depending on the size of the soufflé dishes. Serve immediately before it slumps.