

# STARTERS

## TWICE-COOKED CAPRICORN AND THYME SOUFFLES



This recipe is suitable for vegetarians



**SERVES 6**

**275ml milk**

**1 bay leaf**

**1 shallot, peeled and quartered**

**few gratings of nutmeg**

**50g butter**

**50g plain flour**

**2 x 100g Capricorn**

**Somerset Goats Cheese, diced**

**3 tsp fresh thyme leaves**

**3 eggs, separated**

**1 x 142ml carton double cream**

- Preheat the oven to 180C (350F, gas 4).
- Generously butter 6 x 150ml ramekins and place in a roasting tin.
- Place the milk in a saucepan with the bay leaf, shallot, nutmeg and seasoning. Bring to the boil then strain the flavoured milk into a jug.
- In a clean pan, melt the butter then add the flour and cook for 2 mins, stirring, to cook out the rawness of the flour.
- Remove from the heat and gradually blend in the flavoured milk to make a thick sauce. Simmer over a low heat for 2-3 mins then turn off the heat.
- Stir in three-quarters of the Capricorn Somerset Goats Cheese, until it begins to melt, followed by 2 tsp thyme and plenty of seasoning, then transfer to a large mixing bowl.
- Add the egg yolks, one at a time, stirring until the sauce is smooth.
- Put the kettle on to boil, then whisk the egg whites to the soft peak stage.
- Mix a spoonful of egg whites into the sauce base to slacken the mixture then carefully fold in the remainder.
- Divide between the buttered ramekins, then pour 1cm depth of boiling water into the roasting tin around the ramekins.
- Bake the soufflés for 20 mins until risen and golden.
- Remove the ramekins from their hot water bath using a fish slice, and leave to cool on a wire rack. Run a small knife or spatula around the edge and turn the soufflés out.
- When ready to bake, place them on a buttered baking tray, puffy side up.
- Bake for 15 mins in an oven preheated to 180C (350F, gas 4) then pour the cream over the top.
- Scatter the reserved Capricorn Somerset Goats Cheese and thyme over the soufflés and cook for a further 3-4 mins.
- Transfer to warmed plates and serve immediately with a balsamic-dressed rocket salad.

