

Serves 6 as a starter

Preparation time: 15 minutes, plus cooling time

Cooking time: 30 minutes

#### INGREDIENTS

65g (2½oz) butter

2 courgettes, grated

50g (1¾oz) plain flour

300ml (½pt) semi-skimmed milk

3 eggs, separated

50g (1¾oz) roasted red peppers, chopped

150g (5oz) Edam cheese, grated

200ml(7froz) single cream

## TWICE BAKED EDMAM SOUFFLES

THESE INDIVIDUAL SOUFFLÉS ARE PERFECT FOR ENTERTAINING; AS THEY ARE COOKED TWICE, THEY CAN BE PREPARED IN ADVANCE, THEN JUST POPPED IN THE OVEN WHEN YOUR GUESTS ARRIVE.



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1. Preheat the oven to 180° C, 350°F, gas mark 4. Butter 6 ramekin dishes.
2. Heat 15g (½oz) of the butter in a small saucepan and cook the courgettes for 3-4 minutes, then drain on kitchen paper. Melt remaining butter in a saucepan and stir in the flour. Gradually stir in the milk, whisking continuously, bring to the boil to form a smooth thick sauce. Cool.
3. Whisk the egg whites until stiff. Then add the egg yolk, courgettes, red pepper to the sauce. Season well and stir in three quarters of the cheese. Gently fold in the egg whites. Spoon the mixture into the ramekins, then place in a roasting tin. Fill the tin with warm water to come halfway up the sides. Place in the oven and cook for 18-20 minutes until risen and set. Allow to cool.
4. When you are ready to serve, preheat the oven to 200°C, 400°F, gas mark 6. Remove the soufflés from the ramekins and place brown side up in a baking dish. Pour over the cream and top each with the remaining cheese. Return to the oven for 10 minutes until golden. Serve with seasonal salad leaves.



#### CHEFS TIPS

- To remove the soufflés from the ramekins, run a knife around the edge.