Tomme 8 Blumen soufflé with wild flowers



Informations

People : **4**
Preparation : **45 min.**
Cooking time : **45 min.**

Ingredients

- 200 g Tomme 8 Blumen
- 60 g flour
- 60 g butter
- 400 ml whole milk
- 4 eggs
- 1 clove of garlic
- 1 bay leaf
- 1 pinch nutmeg
- Table salt, freshly ground pepper

Preparation steps

1. Preheat the oven to 200°C.
2. Butter the soufflé dishes generously and chill in the fridge before filling.

3. Prepare a béchamel sauce. To do this, melt the butter in a saucepan.
4. After it has completely melted, add the flour and stir quickly for one minute. Allow the roux to cool.
5. Meanwhile, warm up the milk, adding the garlic clove, bay leaf and pinch of nutmeg.
6. When the milk is properly infused, strain it and pour it hot over the cooled roux.
7. Cook on low heat while stirring with a whisk. Remove from heat.
8. Separate the eggs.
9. Grate the cheese and add it to the béchamel sauce. Whisk vigorously and add the egg yolks one by one.
10. Whisk the egg whites to stiff peaks, adding a pinch of salt.
11. Gently fold the egg whites into the béchamel sauce.
12. Pour the soufflé batter into the dishes, leaving 2 cm clear at the top.
13. Bake for 15 minutes, then lower the oven temperature to 180°C and bake for another 25 minutes. Do not open the oven door during baking.
14. Remove the soufflés from the oven and serve very quickly before they sink.

? **Tips and Ideas:** This recipe can be used with Parma ham or cauliflower soufflés.