Twice baked cheese soufflé

Tomato and caramelised onion sauce, Parmesan crisp, herb salad garnish

Ingredients (10 portions)

Soufflé

Cheese – spare cheese and if not a Emmental blend	140g
Flour	45g
Butter	45g
Bay leaf	2
Onion	1
Cloves	2
Milk	450ml
Eggs (seperated)	5
Nutmeg	2g
Butter (for lining ramekins)	25g
Bread crumbs	30g

Tomato and caramlised onion sauce

Passata	500ml
Tomato Puree	20g
Olive oil	30ml
Onions	400g
Carrots, celery	50g each
Bayleaf	2
Sugar	pinch
Oregano	5g
Onion	400g
Vegetable stock	200ml
Herbs, Rocket mache	garnish 20g
Parmesan (for crisp)	100g
Herb garnish	100g

Prep list

- Make soufflés
- Make tomato caramelised onion sauce
- Pick herb salad
- Make Parmesan crisps

Allegies and Alternatives

GF: potentially gf cheese soufflé
DF: Tomato risottio
Vegan: Tomato risotto
Nut free: Yes

Blackboard wording

Twice baked cheese soufflé



STARTER – METHOD AND SERVING

Soufflé

Prepare ramekins: Butter generously, chilled and butter again Coat with breadcrumbs, cheese (or GF crumbs), Chill in fridge.

Make the base Bechemal: Melt butter, stir in flour, Cook 1–2 min (no browning). Gradually whisk in warm milk, that you have infused with bay leaves, onion, and clove. Cook until thick and smooth (should be very thick, hold shape). Remove from heat, Stir in cheese until melted, add mustard, cool slightly Add egg yolks, seasoning.

Whip whites: Beat egg whites to soft peaks.

Fold: Stir ⅓ whites into base (loosen), Gently fold in rest, Set but slightly soft in centre.

First Bake: Fill ramekins ¾ full. Bake in bain marie / tray with water. Not enough to make them float. Oven temp 180°C 15-20 minutes set but slight wobble.

Cool & unmold: Cool 10 min, Run knife around edges, Turn out carefully

Second bake (to serve): Place on a baking tray. Bake again at 180°C for 12 minutes until soufflés have puffed up again with a golden top.

Tomato & caramelised onion sauce

Use a very large heavy pot. Heat olive oil and cook onions, carrots, and celery over medium-low heat for 15–20 minutes until soft and sweet. Add the garlic, cook for 2-3 mins.

Clear a space in the pot and fry the purée for 3–5 minutes until it darkens — this is key for richness.

Pour in all tomatoes and stock. Add herbs, bay leaves, salt, pepper, sugar, and optional wine.

Long slow cook (important on this scale). Bring to a gentle simmer, cook with a cartouche on low heat for 2½–4 hours, Stir every 15–20 minutes (bottom can catch with big batches)

You're aiming for a thick, spoon-coating consistency, Noticeably sweeter, less sharp tomato flavour, Slightly reduced volume.

Remove bay leaves, Taste and adjust seasoning, Add fresh herbs if using,

Optional: blend partially

Parmesan crisps

Preheat oven to 200°C. Line a baking tray with parchment paper. Place small piles of grated Parmesan (about 1 tbsp each), spaced apart. Gently flatten into thin circles (they spread as they melt).

Bake for 5–7 minutes until melted, bubbling, and golden. **Be very careful not to over cook as they go bitter.** Remove from oven, cool, and store in airtight container

Service and Presenation

- Place soufflé spaced out on a tray lined with parchment paper. bake Soufflé for 12 minutes at 180°C
- Warm tomato and onion sauce
- Spoon tomato sauce just off centre.
- Lift soufflé next to sauce, again just off centre
- Herb or and salad in the final 1/3rd of the centrally on the plate
- Lean Parmesan crisp against soufflé

