

J. Rickards Winery



INDIVIDUAL MUSHROOM SOUFLÉS

Prep time: 1 hr | Cook time: 30 min | Total time: 1 hr 30 min | 8 servings

Recommended wine pairing: *J. Rickards Malbec*

INGREDIENTS

8 oz button mushrooms, divided to 3 and 5 oz
4 Tbsp butter, plus more for greasing soufflé cups and frying mushrooms
4 Tbsp flour
1 2/3 cup milk
3 oz grated gruyere cheese, plus more for topping
3 large eggs, separated
8 tsp heavy cream, for topping
3 Tbsp chives, chopped
salt
pepper
nutmeg

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Grease 8 half-cup oven-proof ramekins with butter and set in large roasting pan.
- 3 Coarsely chop 5 oz mushrooms, and slice remaining for topping. Heat a pad of butter in a medium frying pan and fry the sliced mushrooms until they are golden. Remove and set aside.
- 4 In the same pan, heat the 4 Tbsp butter and cook the chopped mushrooms for several minutes until they are lightly browned. Add the flour and cook for another few minutes, stirring. Add the milk and continue to stir until a sauce forms and thickens. Add the 3 oz grated cheese, a pinch of salt, pepper, and nutmeg, and stir to combine. Cool the mixture in a large bowl for at least 40 minutes.
- 5 Beat the egg whites until they are stiff and don't slide down the side of a tilted bowl. Beat the yolks, and stir them into the chopped mushroom mixture. Fold in the egg whites.
- 6 Divide the mushroom mixture among the 8 ramekins and place them back in the roasting pan. Fill the pan with water to reach halfway up the outside of the ramekins.
- 7 Spoon 1 tsp cream over each soufflé, sprinkle with remaining cheese, and arrange fried mushroom slices on top.
- 8 Carefully place roasting pan in oven and bake for 25–30 minutes, or until they are puffed and browned.
- 9 Sprinkle with chives and serve immediately.