

## Cheese soufflé -low lactose, gluten and wheat free

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Its Dairy week on the Great British bake off!

Here is our take on a dairy recipe.

The recipe below makes around eight small soufflés, tasty to eat when they are fresh from the oven.

However, it is also possible to warm them through after cooling and although the texture was a little different, the soufflés were just as tasty.



### Ingredients

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#### Serves 8

- 4 eggs
- 250ml of lactose free milk
- 20g plain gluten free flour/corn flour
- 20g of margarine
- 170g of cheddar cheese (lactose free if you are very sensitive)
- olive oil to coat the ramekins
- pepper to taste\*

## Method

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Gas mark 6, 200°C, 180° fan

Oil the eight ramekins well and pre-heat the oven.

Separate the yolk from the white of the egg – ensure no egg yolk is in the white or it will not whip to the correct consistency.

Melt the margarine slowly in a pan and add the flour – this will thicken. Cook for a few seconds and slowly incorporate the milk until it makes a smooth sauce. Simmer to cook the flour. Do not be afraid to sieve the sauce if it contains lumps. Cool slightly and add the egg yolk and pepper melt in the cheese.

In a separate bowl, whisk the egg whites until they form stiff peaks. Add a 1/3 of the egg white to the sauce to slacken it. Then fold in the rest of the egg white into the sauce carefully so all the whites are incorporated.

Once they are incorporated STOP MIXING – you need to have as much air as possible in the mix and over mixing may mean your soufflés will not rise.

Add the mix to the ramekins and cook for approximately 12 minutes – remove from the oven and serve immediately.

\*I omitted the salt as the soufflé has plenty of cheese to give a salty flavour in my view, but you can add salt to your taste.