



# Manu Fiedel's twice-baked cheese soufflé



serves **3**  
very fiddly

## ingredients

melting butter and plain flour, for coating moulds

40g unsalted butter

2 eschalots, finely chopped

2 t chopped thyme

¼ cup plain flour

1 cup milk

1/3 cup grated Gruyere cheese

2 eggs, separated

whole nutmeg

1/3 cup grated Gruyere cheese, extra

## Cheese sauce

1/3 cup milk

1/3 cup grated Gruyere cheese

## Hazelnut salad

1 t Dijon mustard

1 T white wine vinegar

1/3 cup extra-virgin olive oil

¼ cup mixed micro herbs (baby mustard cress and baby flat-leaf parsley)

¼ cup roasted hazelnuts, halved

my favourite cheese soufflé recipe.

I cook this for dinner parties all of the time because it can be prepared in advance up until the final bake and its a show stopper!

I love it as it is a great recipe to start cooking soufflés, especially if you are 'afraid' of them! it was one of the recipes I would demonstrate in my cooking classes for both adults and kids.

as it is twice-baked, there is no need to worry about it rising up and flopping as soon as it gets to the table. It looks beautiful and delicious so no one cares how high it has risen!



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recipe by  
**Manu Fiedel**,  
MasterChef Australia,  
The Cookbook volume 1,  
Ebury Press, page 74  
cheese souf



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## method

Preheat oven to 180OC (160OC fan forced). Brush three ovenproof dishes with melted butter and dust with flour. Shake out excess flour.

Melt 1 teaspoon butter in a pan over medium heat. Add eschalots and thyme. Cook for 4 minutes until soft and translucent. Set aside to cool.

Melt the remaining butter in a saucepan over medium heat. Add the flour and cook, whisking, for 1-2 minutes. Remove from the heat and add the milk a little at a time, whisking constantly until smooth.

Return to the heat and cook, stirring with a wooden spoon until smooth. Add 1/3 cup cheese and stir until melted. Remove from the heat.

Combine the eschalot mixture and 1 egg yolk in a small food processor and process until smooth. Stir into the cheese sauce with the remaining egg yolk. Grate a little nutmeg over the mixture, and season with salt and pepper. Transfer to a bowl to cool slightly.

Whisk eggwhites with a pinch of salt until soft peaks form. Stir one-third into the cheese mixture to loosen it, then carefully fold in the remaining two-thirds. Spoon filling into the dishes until two-thirds full, then tap them on the bench to remove any air bubbles. Place in a roasting pan and pour in enough boiling water to come halfway up the sides of the dishes. Bake uncovered for 20-25 minutes until set. Remove soufflés from water bath and refrigerate until cold.

Preheat the oven to 200OC (180OC fan-forced) and line a baking tray with non-stick baking paper.

Turn the soufflés out onto the prepared tray. Top each with extra Gruyere cheese and bake for 5-7 minutes, until golden.



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Meanwhile, to make the cheese sauce, combine the milk and cheese in a saucepan over medium-low heat. Cook for 3–4 minutes, stirring often, until the cheese is melted and the sauce is smooth. Season to taste.

To make the hazelnut salad, whisk the mustard and vinegar together in a bowl until combined. Add the oil gradually, whisking constantly until the dressing is emulsified. Season to taste. Combine herbs and hazelnuts in a bowl. Spoon over a little dressing, toss to coat.

Place the soufflé on a warm plate, spoon over a little warm cheese sauce and top with hazelnut salad. Serve with remaining dressing.



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