

# Twice Baked Jerusalem Artichoke and Mature Cheddar Soufflé (Serves 6)

**Preset oven temperature to: 150°C or 300°F**

- **Small amount of butter, melted**
- **Small amount of grated parmesan**
- **225ml full fat milk**
- **1 shallot, halved**
- **55g Jerusalem artichoke, grated**
- **1 bay leaf**
- **Salt and pepper**
- **Freshly grated nutmeg**
- **40g unsalted butter**
- **40g plain flour**
- **100g mature cheddar**
- **4 medium eggs, whites and yolks separated**

**1.** Prepare ramekins by brushing with the melted butter and then sprinkling with grated parmesan, then placing in the fridge to cool.

**2.** In a pan, bring the milk, artichokes, bay leaf, salt and pepper, nutmeg and the shallot to a simmer then leave off the heat to infuse for 5 minutes.

**3.** After the 5 minutes have passed, remove the bay leaf and the shallot from the pan.

**4.** In a new pan, melt the unsalted butter and gradually add the flour until stiff. Cook for another 2 minutes on a low heat, slowly adding all the milk mixture from steps 1-3.

**5.** Add the cheddar and egg yolks and then take the pan off the heat. Stir until everything is incorporated.

**6.** Whisk the egg whites and then slowly fold them into the mixture.

**7.** Fill the ramekins you prepared earlier.

**8.** Pour some water into an oven tray with deep sides, to be used as a bain-marie. Place your filled ramekins into the bain-marie and cook in the preheated oven for 35 minutes or until risen.

**9.** Carefully remove the Soufflés from the ramekin and put in the fridge overnight.

## Plating Up

**1.** To reheat, place the Soufflés back in the oven (same temperature) upside down on greaseproof paper for approx. 15 minutes. **2.** While waiting, heat some cream in a pan with some chopped parsley. **3.** Place Soufflé in a bowl or on a plate and pour the parsley sauce over the top. **Voilà!**