

Cooking School

with the London Chef

Soufflé From Scratch

For a true chef mis-en-place experience we suggest having the ingredients out, washed and opened, and the equipment ready to go before you begin.
Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen!

Cheeses Soufflé (makes 4)

50g Butter
50g Plain flour
250ml Full fat milk
100g Cheeses of choice
2 Egg yolks
5 Egg Whites
30g Fine breadcrumbs
20g Parmesan cheese
Salt & pepper
Lemon juice

Cooking Equipment

Ramekins
Electric whisk or kitchen aid
Lots of bowls
silicone Spatulas
Sieve
Pastry brush
Oven

Chocolate Soufflé (makes 4)

1.5 tbsp Caster sugar
1 tbsp Unsalted butter
30g Icing sugar
30g Flour
100g-125g Dark chocolate
40g Cocoa
2 tbsp Strong coffee (liquid)
3 Egg yolks
5 Egg whites
100ml Double cream

**Vegetarian*