

## Goat Cheese Souffle



This savory goat cheese souffle recipe is easy and delicious. Souffles can turn an ordinary meal into a fine dining experience with very little effort. Try it and see!

With a literal meaning of "puffed-up," souffles are an elegant milk and egg based dish that uses beaten egg whites to impart a light, airy texture to a custard base. Souffles are served hot from the oven, because they lose their puffiness as they start to cool. Sweet souffles are served as dessert, while savory souffles can be presented as either a light main dish, or an accompaniment.

To successfully make a souffle, be sure to beat the egg whites until they form stiff peaks, then carefully fold the custard mix into them. Remember, the more you stir, the more you are bursting the air bubbles that will give the souffle its lift. With just a little attention to these details, you can successfully create a souffle your first time!

### Ingredients

1/4 cup butter, plus extra for baking dish

3/4 cup goat milk

4 eggs, separated

1/4 tsp. black pepper

1/4 tsp. sage

1/4 tsp. rosemary

1/4 cup flour, plus extra for baking dish

6 oz. chevre goat cheese

3/4 tsp. salt (adjust up or down, depending on the saltiness of the goat cheese)

1/4 tsp. thyme

1/4 tsp. marjoram

1/2 tsp. parsley

Separate the eggs, placing the egg whites into a mediumlarge stainless steel or glass mixing bowl. Prepare the baking dish(es) & either 6 individual ramekins, or a 1 1/2 quart casserole dish, by coating with butter and dusting with flour.

Preheat oven to 375° F.



Melt the butter in a saucepan, then whisk in the flour, mixing well. Add the goat cheese, milk, salt, pepper and other spices. Continue whisking for several minutes over medium heat until thickened. Remove from heat, and add the egg yolks, stirring well.



Beat the egg whites for several minutes with an electric mixer until peaks stand without falling over. Using a spatula, fold the custard into the egg whites gently, so as not to destroy the lightness of the mixture.



Pour into the baking dish(es), and sprinkle parsley on top. Bake until the top is lightly browned, about 10-15 minutes for ramekins, and 15-20 minutes for a casserole dish. Serve hot.

(everythinggoatmilk.com)