Cheese souffle

Low lactose, gluten and wheat free (low FODMAP).

A guaranteed crowd-pleaser, this cheesy delight is sure to be hit in your household. This recipe makes 8 small, individual souffles, which are amazing, fresh from the oven. The souffles can also be double-baked, so you can reheat and enjoy for leftovers - yum! This recipe uses cornflour as the starch component.

Ingredients

Eggs	4
Lactose free milk	250ml
Plain Gluten Free flour/corn flour	20g
Margarine	20g
Cheddar cheese*	70g
Olive oil	To coat the ramekins
Pepper	To taste

*This is low lactose due to the processing of it, also can use lactose free cheese if preferred.

Makes 8 portions. Nutritional information per portion: 158 Kcal,10.5g protein,12.4g fat, 265mg calcium.

Instructions

1. Oil the 8 ramekins well and pre-heat the oven to 220°C/gas mark 6.

2. 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.

4 Melt the margarine slowly in a pan and add the flour – this will thicken it. Cook for a few seconds and slowly incorporate the milk until it makes a smooth sauce. Simmer to cook the flour until the sauce thickens. Don't be afraid to sieve the sauce if it contains lumps although using cornflower helps give a better consistency. Cool slightly and add the egg yolk, the pepper and the cheese.

4. In a separate bowl whisk the egg whites until they form stiff peaks. Add 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 souffles will not rise.

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

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