



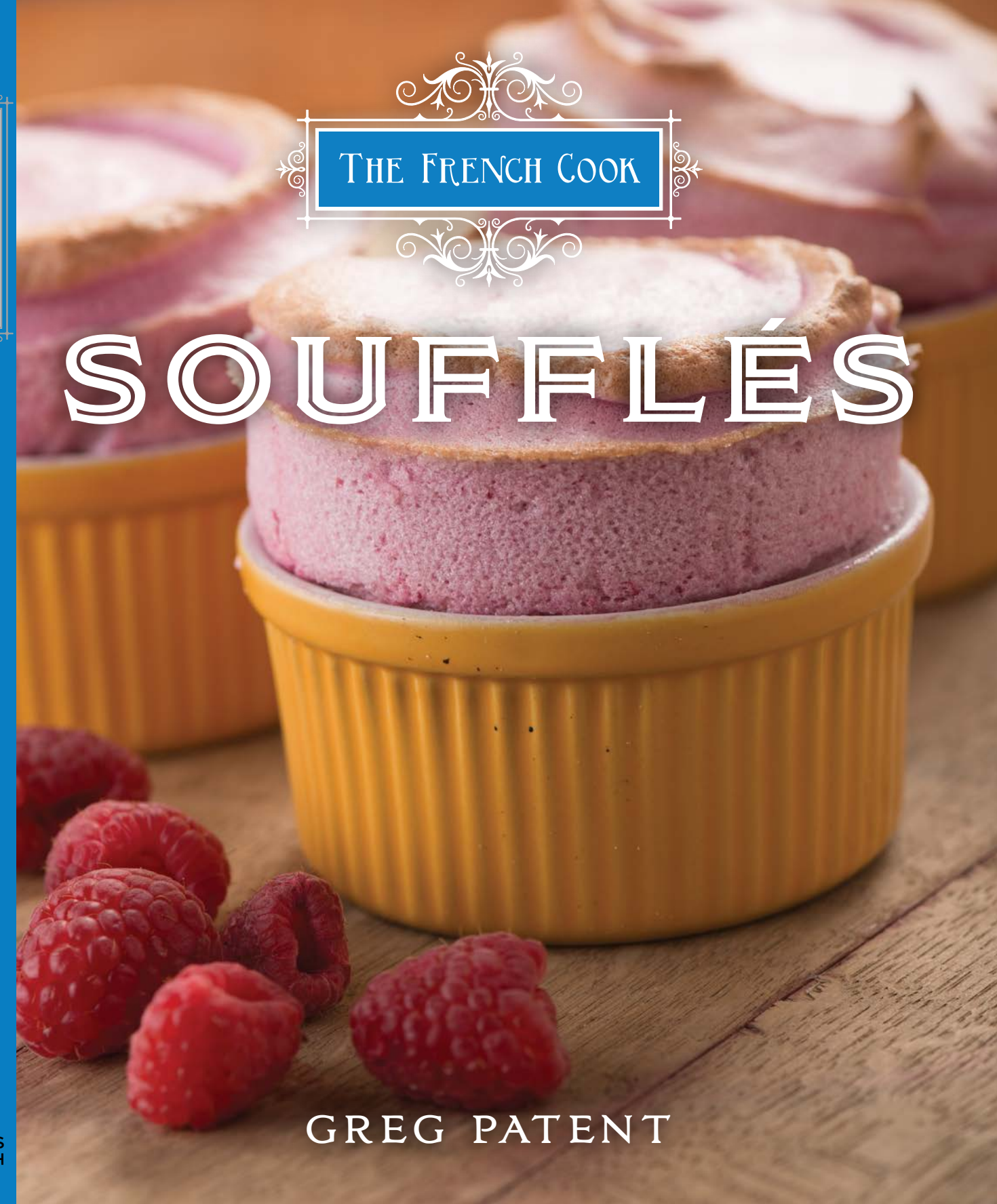
ABOUT THE AUTHOR

GREG PATENT is the winner of the James Beard Award for his cookbook *Baking in America*. His book *A Baker's Odyssey* won the Cordon d'Or Award. Greg has written for all the major food magazines, and for thirteen years was a contributor to *Cooking Light* magazine. He writes about food regularly for his local newspaper, the *Missoulian*, and *Missoula Magazine*, and co-hosts a weekly Montana Public Radio show about food, *The Food Guys*. He writes a blog, www.thebakingwizard.com, and you can follow him on Twitter and Facebook. He lives in Missoula, MT.



THE FRENCH COOK

SOUFFLÉS
PATENT



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\$21.99 U.S.

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If the thought of making a soufflé is intimidating, this book will quell your fears. Greg Patent guides the cook through all the steps leading to flawless soufflés, from the basics of beating egg whites to preparing the molds to turning out exquisitely delicious soufflés.

Classic recipes like the cheese soufflé and chocolate soufflé honor the tradition. Beyond that, Patent has developed both savory and sweet versions that will expand the repertoire of even the most expert of soufflé makers. It's all in the technique, and the technique is all here—clearly and simply taught.

No ramekins? No problem. Use coffee mugs and custard cups instead. Saucepans, skillets, and casseroles are excellent for large soufflés.

Whip up a hot or cold main dish or dessert: crab and morel mushroom, a choice of vegetable soufflés, and delectable Lemon, Coffee, Caramel, and Strawberry are some of the recipe options. Or make a non-traditional soufflé such as fresh corn, salmon on a platter, or a bittersweet chocolate roulade. Regardless of where you start, you won't be able to stop until you have sampled them all.



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CLASSIC CHEESE SOUFFLÉ

SERVES 4



Tall and majestic, with a crusty exterior and a super creamy interior, this is the quintessential French cheese soufflé. You have several options for the cheese depending on the flavor you want. Swiss Gruyère, French Comté, or Petit Basque are all excellent choices. Folding the cheese into the soufflé along with the beaten whites, instead of stirring it into the hot béchamel base, assures a light and creamy texture. Baking the soufflé at a hot temperature results in a crust on the bottom, sides, and top.

I like to bake this soufflé in a tall mold because it puffs a good 2 inches above the rim and has a lovely brown crusty top. A 1½-quart charlotte mold, 4 inches tall, works very well. All you need with this is a salad and some good crusty bread.

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|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 4 tablespoons unsalted butter, plus more for the mold | ¼ teaspoon freshly ground black pepper |
| 2 tablespoons finely grated Parmesan, for the mold | Pinch of freshly grated nutmeg |
| 4 tablespoons unbleached all-purpose flour | 6 large eggs, separated |
| 1 cup whole milk, heated to almost boiling in a small saucepan, plus 1 tablespoon unheated milk | ¼ teaspoon cream of tartar |
| ½ teaspoon salt | 1 cup (4 ounces) shredded cheese
(see suggestions above) |

Adjust an oven rack to the lower third position and set a baking sheet on the rack. Preheat the oven to 400 degrees F. Butter the mold and coat with the Parmesan.

Melt the 4 tablespoons butter in a heavy 3-quart saucepan over medium heat. When bubbling, stir in the flour with a wooden spoon. Cook and stir for 2 minutes. Remove the pan from the heat, and when the bubbling subsides, pour in the hot milk. Stir well with a wire whisk and return the pan to medium heat. The béchamel will become very thick. Cook, whisking constantly, for 2 minutes.

Remove the pan from the heat and whisk in the salt, pepper, and nutmeg. Whisk in the egg yolks one at a time. The sauce will thin out considerably. Scrape the sides of the saucepan and film the surface of the béchamel with the 1 tablespoon of milk.

Whip the egg whites on medium speed until frothy, about 1 minute. Add the cream of tartar and beat until the whites begin to thicken and increase in volume and form soft peaks. Increase the speed to medium-high and continue beating until the whites form moist, stiff peaks. Do not overbeat.

Stir about one-fourth of the whites into the sauce base and fold in the remainder, sprinkling in the cheese as you fold. Fold just until no whites show. Scrape the batter into the prepared mold, filling it about ¾ inch from the top. Set the soufflé onto the baking sheet in the oven and bake about 25 minutes until the soufflé is well-browned on top, has puffed about 2 inches above the rim, and a wooden skewer inserted into the center of the soufflé comes out clean with a moist tip.

Serve immediately.





CHOCOLATE SOUFFLÉ WITH COCONUT MILK AND KAFFIR LIME

SERVES 8



Chocolate and kaffir lime are an absolutely sensational combination. The kaffir lime tree is native to Southeast Asia, and the hourglass shaped leaves (each leaf looks like a double leaf) are incorporated into many savory dishes of the cuisines in the region. The surprise is that the leaves work so well in sweet dishes, too, like this soufflé. The fresh leaves keep very well in the freezer for up to a few months. You can use them straight from the freezer.

I decided to use coconut milk in the soufflé base because chocolate and coconut are great flavor pairings. To extract the lime leaf taste, cut the leaves into thin strips and let them steep in hot coconut milk for a few hours. You can do this step a day ahead if you wish.

The soufflé base is the classic bouillie, a cooked paste of flour and cold milk with butter added at the end. The texture of the soufflé is light yet pudding-like. You'll need eight 1-cup ramekins. Serve with crème chantilly, a softly whipped cream that barely holds its shape.

Soufflé

Butter and sugar for the ramekins
6 kaffir lime leaves, cut into slivers
1 can (14 ounces) full-fat coconut milk
 $\frac{1}{2}$ cup whole milk
7 ounces bittersweet chocolate, chopped
 $\frac{1}{3}$ cup hot water
 $\frac{1}{3}$ cup ($1\frac{2}{3}$ ounces) unbleached all-purpose flour
3 tablespoons unsalted butter
 $\frac{1}{4}$ teaspoon salt

1 teaspoon vanilla extract
4 large eggs, separated, at room temperature
2 large egg whites, at room temperature
 $\frac{1}{4}$ teaspoon cream of tartar
 $\frac{1}{2}$ cup sugar

Crème Chantilly

$1\frac{1}{2}$ cups heavy cream
 $\frac{1}{3}$ cup confectioners' sugar
1 teaspoon vanilla extract

Butter the ramekins right up to their rims and coat them with sugar.

Adjust an oven rack to the lower third position and preheat the oven to 400 degrees F.

Put the lime leaves into a small heavy saucepan and add the coconut milk and whole milk. Heat, uncovered, over low heat until the liquid just comes to a low boil. Remove the pan from the heat, cover, and let stand until completely cool, about 3 hours. Strain and discard lime leaves. You should have 2 cups of milk. (May be made a day ahead and refrigerated).

Put the chocolate and hot water into a medium metal bowl and set the bowl over a pot of simmering water. Stir occasionally with a whisk as the chocolate melts. When completely melted, the chocolate will be smooth and shiny. Remove the bowl of chocolate and let stand while you complete the soufflé.