



Featured Recipe

From: Feature Story
Olympic Restaurant

Goat Cheese Souffle

Category: Appetizer

Ingredients:

Bechamel Sauce:

Butter	2.1 ounces
Flour	2.1 ounces
Milk	17.7 ounces

Goat Cheese	3.3 ounces
Fresh Grated Parmesan	1.1 ounce
Fresh Chopped Parsley	.8 ounce
Fresh Chopped Chives	.35 ounce
Egg Yolks	6 each
Egg Whites	1.2 cup

Heavy Cream	1 ½ quart
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Tomato Coulis:

Fresh Ripe Tomatoes	6.6 ounces
Finely Sliced Onion	2 ounces
Garlic Cloves	½ clove
Olive Oil	½ cup

Preparation:

BECHAMEL SAUCE:

- Make a béchamel with the butter, flour and milk by simmering for 5 minutes
- Pass the sauce through a chinois strainer
- Let the sauce cool down a bit



PROCEDURE:

- Mash the goat cheese and mix it into the béchamel together with the parmesan, chives and parsley
- Fold the egg yolk gently into the mix
- Beat the egg white until peak style and fold quickly and lightly into the mixture
- Butter the molds twice and layer out with parmesan
- Spoon the mixture into the molds
- Put them into hot Bain Marie
- Bake them at 250°F. until they come up about 1 inch and get a nice lightly brown color
- Remove the soufflés from the oven, allow to cool down until you can touch the molds (around 3-5 minutes) and unmold them into a tray
- Cool the soufflés down in the refrigerator
- For ready for service, place one soufflé in a soufflé dish, pour a generous amount of cold cream, mixed together with fresh grated parmesan
- Bake in the oven for about 7-8 minutes
- When ready, remove from the oven, drizzle the warm tomato coulis around, and serve with chopped parsley and a chervil leaf on the top

TOMATO COULIS:

- Sweat the onions in the olive oil until soft, without color. Add the tomatoes, bouquet garni and crushed peppercorn. Use sugar and tomato paste, only if needed. Cook gently for about 1 hour. Blend and pass through a fine chinoise strainer.