

Cheese Souffle

Type: Main

Serves: Tastes 30

Recipe source: Taste.com.au

EQUIPMENT:	INGREDIENTS:
Mixing bowl	15g (3 teaspoons) butter, at room temperature, for greasing
Cooks Knife	1 1/2 tablespoons dry (packaged) breadcrumbs
Wooden spoon	150g vintage cheddar, finely grated
Saucepan	2 teaspoons Dijon mustard
Measuring cups	1/2 teaspoon salt
Measuring spoons	1/2 teaspoon ground black pepper
Baking dish	30g (1 1/2 tablespoons) butter
Whisk	30g (3 tablespoons) plain flour
Electric mixer	250mls (1 cup) milk
Skewer	4 large (59-60g) free-range eggs, at room temperature, separated
Spatula	

What to do:

1. Measure and prepare all your ingredients. Bring eggs to room temperature before using them - cold egg whites incorporate less air than those at room temperature. Use free-range eggs as they have a better flavour than battery hen eggs. Also, the more mature the cheddar, the tastier the souffle will be.
2. Start by preparing the souffle dish. The souffle will rise more evenly in a deep, round straight-sided dish, but shallower round or oval dishes can also be used - the souffle may not appear to rise as high but will still have a light and fluffy texture.
3. Brush a 2 litre (8 cup) souffle dish with the butter to grease. It is best to have the butter soft, not melted, so it forms a thick coating on the dish. Grease the base of the dish and then use even, upward strokes to grease the side, ensuring the butter coats the entire surface. If the dish is not greased well, the souffle will stick to it and will rise unevenly.
4. Place the dish in the freezer for 5 minutes to set the butter. Brush again with the remaining butter. Place the breadcrumbs in the dish and rotate the dish to coat with breadcrumbs. Turn the dish upside down and gently tap to remove any excess crumbs. The breadcrumbs help the souffle grip the side of the dish and rise evenly. They also form a delicious crust.
5. Most souffles are based on a flavoured, thick white sauce to which egg yolks and whisked egg whites are added. The air that is whisked into the egg whites expands in the oven heat and makes the souffle rise.
6. To make the sauce mixture, place the cheddar, mustard, salt and pepper in a medium heat-resistant bowl and set aside. To make the roux (the cooked butter and flour mixture that thickens the sauce), melt the butter in a medium saucepan over medium heat until foaming. Add the flour and stir with a whisk for 1 minute or until the roux leaves the side of the pan and is bubbling. Don't allow the roux to brown.

- 7.** Remove the pan from the heat and place on a wet dishcloth or damp tea towel to prevent it from slipping. Add 1/2 the milk while stirring constantly with the whisk. Stir vigorously until smooth and free of lumps. Gradually add the remaining milk, stirring until smooth. This will prevent lumps from forming in the sauce.
- 8.** Return pan to medium heat and stir constantly until sauce thickens and comes to the boil. Constant stirring will ensure the sauce is smooth. Reduce heat to low and simmer, uncovered, stirring occasionally, for 3 minutes. Pour the hot sauce into the bowl with the cheese and seasonings and mix well.
- 9.** Preheat oven to 180°C. Place 1 oven shelf in the bottom position and remove all other shelves. Place a baking tray on the shelf to heat. This will give the soufflé instant heat on its base and assist with rising.
- 10.** Separate the first egg, put the white in a small bowl and the yolk in a separate small bowl. Transfer the white to a clean, dry glass, ceramic or stainless-steel medium mixing bowl before separating the next egg. Repeat with remaining eggs. This way, if a yolk breaks into a white, you won't spoil all 4 egg whites. The egg whites, bowl and beater attachment/s must be free of any water, or fat such as butter, oil or egg yolks, as this will inhibit the whites from holding air and producing a good volume.
- 11.** Add the egg yolks to the cheese sauce and mix until thoroughly combined. Use electric beaters to whisk the egg whites until soft peaks form. Do not beat the whites until stiff or they will be difficult to fold in and will give the soufflé a grainy texture.
- 12.** Spoon about 1/4 of the egg whites into cheese sauce mixture and use a spatula or large metal spoon to fold the whites through the mixture until just combined. To fold in, gently run spatula or spoon around side and along base of bowl and use a sweeping action to fold the mixture over on itself, rotating the bowl. Repeat until mixture is just combined.
- 13.** The folding action is more gentle than a stirring or mixing motion and retains the air beaten into the whites. Adding just some of the whites helps to "loosen" the mixture and makes it easier to fold in the remaining whites.
- 14.** Pour the cheese mixture into the side of the bowl containing the remaining whites (this is to minimise air loss). Fold in with the spatula or large metal spoon until just combined. The mixture should appear spongy with streaks of egg white throughout but without large clumps of egg white. Overmixing causes the mixture to lose air and the soufflé will not rise as well as it should. Undermixing results in clumps of unfolded egg white which cause uneven rising.
- 15.** Pour into the prepared soufflé dish and gently smooth top with a spatula. Run your thumb around inside rim of dish and about 2cm into soufflé mixture (try not to wipe off the butter and crumbs). This ridge helps the soufflé rise evenly. Place on the baking tray in preheated oven and bake for 45 minutes.
- 16.** When it is ready, the soufflé should be well risen and wobble slightly when the dish is tapped. If you are still unsure, test with a skewer through the side of the soufflé. The skewer should come out clean and slightly moist. Serve immediately, and remember, a soufflé waits for no-one.

Banana & Cinnamon French Toast

Type: Starter/Snack/Breakfast **Serves:** Tastes 30 **Recipe source:** Taste.com.au

EQUIPMENT: Mixing bowl Cooks Knife Wooden spoon Whisk Jug Frying pan Baking tray Fork	INGREDIENTS: 3 eggs, lightly beaten 1/2 cup milk 1/4 cup cream 1 teaspoon vanilla essence 1 tablespoon icing sugar 1/2 teaspoon ground cinnamon 4 x 2.5cm-thick slices day-old brioche (see note) 2 tablespoons butter 3 bananas, sliced lengthways Pure maple syrup, to serve
TO SERVE: Large platter	

What to do:

1. Combine eggs, milk, cream, vanilla, icing sugar and cinnamon in a large jug. Whisk with a fork until well combined. Pour mixture into a shallow ceramic dish.
2. Preheat oven to 180°C. Dip 2 brioche slices in milk mixture for 30 seconds to 1 minute each side or until well soaked. Hold over dish to drain. Heat 1 tablespoon butter in a large frying pan over medium heat until bubbling.
3. Add soaked brioche. Cook for 1 to 2 minutes each side or until golden. Transfer to a baking tray. Keep warm in oven. Repeat with remaining butter and brioche.
4. Place French toast on plates. Top with banana. Drizzle with maple syrup. Serve.

Variation: You can use fruit bread or split hot cross buns instead of brioche. And, instead of banana, try topping brioche with raspberries, blueberries or sliced strawberries.

Brioche: Brioche, a cross between a bread and a pastry, is made from a classic sweet French yeast dough. Its golden surface comes from the addition of sugar. Brioche gets its richness from butter and eggs. Look for it in the bakery section of your supermarket.

Basic Lemon & Sugar Crepes

Type: Dessert/Snack/Breakfast **Serves:** Tastes 30 **Recipe source:** Taste.com.au

<p>EQUIPMENT:</p> <p>Mixing bowl Cooks Knife Wooden spoon Whisk Sifter Measuring cups Measuring spoons Frying pan Saucepan Baking tray Juicer</p> <p>TO SERVE:</p> <p>Large platter</p>	<p>INGREDIENTS:</p> <p>1 cup (150g) plain flour, sifted a pinch of salt 2 eggs 1 1/4 cups (310ml) milk 15g butter, melted White sugar and lemon wedges, to serve</p>
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What to do:

1. Place 1 cup (150g) plain flour, sifted, and a pinch of salt in a large mixing bowl. Make a well in the centre.
2. Use a balloon whisk to mix together 2 eggs, 1 1/4 cups (310ml) milk and 15g butter, melted.
3. Pour the milk mixture into flour and whisk, gradually incorporating the flour until smooth and well combined. Cover and refrigerate for 30 minutes.
4. Heat an 18-20cm crepe pan or small frying pan over a medium heat. Lightly grease with butter. Pour 1/4 cup (60ml) crepe batter into the pan and swirl to coat the base. Cook for 2 minutes or until golden and lacy.
5. Turn the crepe over and cook for a further 30 seconds. Transfer to a plate and repeat with the remaining batter. Serve scattered with white sugar and a lemon wedge.

Caramelised Onion & Rosemary Quiche

Type: Main

Serves: Tastes 30

Recipe source: Taste.com.au

EQUIPMENT:	INGREDIENTS:
Mixing bowl	1 sheet (29 x 29cm) frozen ready-rolled shortcrust quiche pastry, just thawed
Cooks Knife	2 tablespoons olive oil
Wooden spoon	1kg brown onions, halved, thinly sliced
Whisk	1 tablespoon chopped fresh rosemary
Sifter	80g goat's cheese, crumbled
Measuring cups & spoons	60ml (1/4 cup) thickened cream
Frying pan	4 eggs
Baking dish	
Grater	

What to do:

1. Preheat oven to 200°C. Line a 3.5cm-deep, 22.5cm (base measurement) fluted tart tin with pastry and trim any excess. Place in the fridge for 10 minutes to rest.
2. Cover pastry base with baking paper and fill with pastry weights or rice. Bake in oven for 15 minutes. Remove the paper and weights or rice. Bake for a further 10 minutes or until crisp. Remove from oven. Reduce oven temperature to 180°C.
3. Meanwhile, heat the oil in a large frying pan over medium-low heat. Add the onion and cook, stirring occasionally, for 40 minutes or until dark golden brown and caramelised. Set aside to cool slightly.
4. Add the rosemary to the onion and stir until well combined. Spread the onion mixture over the base of the pastry case. Sprinkle with goat's cheese.
5. Whisk together the cream and eggs in a medium jug. Season with salt and pepper. Pour the egg mixture over the onion mixture.
6. Bake in oven for 45 minutes or until set. Serve warm or at room temperature.

