



EPISODE 37

Julia Child's Cheese Soufflé (Soufflé Au Fromage)

INGREDIENTS

- 1/2 tsp paprika
- Pinch of nutmeg
- 1/4 tsp cream of tartar (for the egg whites)
- 4 Tbsp of butter (1 Tb for buttering mold)
- 1 Tbsp grated Parmesan cheese (for dusting mold)
- 1 cup milk (lightly boiling)
- 1 cup grated Gruyere cheese
- 4 egg yolks
- 5 egg whites
- Salt and pepper (to taste)

DIRECTIONS

- To begin, use 1 Tbsp. of butter to coat the mold and lightly sprinkle it with parmesan cheese.

- Melt the 3 Tbsp. of butter in a saucepan and stir in the flour with a spatula, cooking over medium heat until the butter and flour foam together without browning. (2 minutes)
- Remove from heat. Once slightly cooled, pour in all of the boiling milk at once and beat vigorously with a whisk until well blended.
- Beat the seasonings into the roux and continue to whisk for another minute. The mixture will be very thick.
- Add the egg yolks one at a time until well incorporated. Set aside to cool.
- In a clean, dry mixing bowl, begin to beat your egg whites with a whisk attachment on low speed.
- As the egg whites are foaming add cream of tartar and a pinch of salt. Increase the speed to fast and continue to beat. Egg whites are ready when stiff, glossy peaks form when holding with a whisk.
- Gently take a large spoonful of egg whites and fold it into the warm cream mixture.
- Next add all but 1 Tb of Gruyere to the cream mixture and mix until well incorporated.
- Once the cheese is mixed in, take large spoonful of egg white and fold into the cheese and milk. Repeat until all egg whites have been incorporated. Be careful not to overfold. It's OK if there are white streaks leftover. The mixture should be light and fluffy.
- Carefully pour your mixture into the prepared mold, topping with remaining cheese.
- Tear a piece of foil so that it is long enough to wrap around your mold. Fold in half lengthwise and butter one side. Wrap the mold in the foil with the buttered side facing in. This will act as a support for the souffle. Secure loose ends with a paperclip.
- Place the cheese souffle on middle-back rack of pre-heated 400 degree oven. Once in, immediately turn down to 375 degrees.
- Bake for exactly 30 minutes and DO NOT open the oven door ever during that 30 minutes! Once the 30 minutes has past, it is safe to check the souffle for doneness. You will begin to smell the warm cheese and the top will be golden brown.
- To serve, use two spoons and lightly puncture the top of the souffle. Spoon vertically, being careful not to scrape the bottom which will cause the souffle to deflate.

Hot Sauce ‘Caviar’ Pearls

Note: You can use Spherificator or similar product to make this work best, or a plastic sandwich bag.

INGREDIENTS

$\frac{3}{4}$ cup water

$\frac{1}{2}$ tsp sodium citrate

$\frac{1}{2}$ tsp sodium alginate

$\frac{1}{2}$ tsp sugar

$\frac{1}{4}$ cup hot sauce

1 tsp calcium chloride

2 cups water - in a separate bowl

DIRECTIONS

- Place water and sodium citrate in a blender and blend for 20 seconds.
- Mix sugar with sodium alginate.
- With the blender on low speed, sprinkle sodium alginate and sugar into the liquid. Mix until the powder is absorbed (or use an immersion blender to mix the alginate/sugar with the water).
- Slowly add the hot sauce while continuing to mix.
- Let rest 30-45 minutes to allow all the air to escape. Strain the hot sauce mixture through a small strainer. Pour into Spherificator or plastic bag.
- Dissolve the calcium chloride in 500mL water by mixing with a spoon for 30 seconds.
- Press the button on the Spherificator and drop the hot sauce solution into the calcium bath and leave sit for 1 minute, or if using a plastic bag, cut a small hole in the corner and carefully drip the liquid into the water.
- Collect the pearls in a strainer, rinse under running water, drain and serve!