

Twice Baked Smoked Ribblesdale Soufflé Plumpton rocks asparagus spear salad

Serves 6

Ingredients for the soufflé

250 gm grated smoked Ribblesdale goat cheese
4 large eggs (separate whites from yolks)
65 gm unsalted butter
40 gm plain flour
1/2 pint of milk
Salt and pepper

To make and 1st bake the soufflés

Melt the butter in a pan then add the flour, whisk together and cook for a couple of minutes (it is now called a roux)

Whisk in the milk and cook for a few minutes until thickened (it is now a "béchamel base")

Remove from the gas and transfer to a large bowl, then add $\frac{2}{3}$ of the grated cheese, egg yolk and seasoning to taste, whisk the mixture until the cheese is melted (it is now a "Mornay sauce")

In an another bowl beat the egg whites with a pinch of salt until they form a stiff peak

Mix a $\frac{1}{4}$ of the stiffened egg white to the cheese mixture in a folding action, then fold gently but thoroughly, the rest of the egg white and the remaining cheese.

Pour the soufflé mix into buttered ramekins, place into a baking pan then fill the pan up with hot water till about $\frac{1}{2}$ way up sides of ramekins
Bake for 20 minutes at 190°C uncovered

Remove from oven and leave to cool down, remove from ramekins by turning upside down.

At this point the soufflé can be kept in the fridge for a couple of days.

Ingredients for the Asparagus Salad

1 bunch of Plumpton Rocks asparagus, trimmed and blanched in lightly salted water and refreshed in iced water (this action of cooling will rapidly fix the chlorophyll contained in the vegetables and keep them bright green- this is recommended for all green vegetables)

1 small bottle of Wharfe valley rapeseed oil

2 shallots peeled and chopped

$\frac{1}{2}$ small bunch of parsley picked and chopped

$\frac{1}{2}$ small bunch of tarragon picked and chopped

To make the Asparagus Salad

Mix the rapeseed oil, herbs and shallots together reserve $\frac{1}{2}$ for garnishing the plates and mix in the other $\frac{1}{2}$ with the asparagus.

To Serve

Put the soufflé on a baking tray and re-bake in the oven at 220°C for about 5 to 10 minutes until heated through.

Place soufflé on the plate then dispose the asparagus salad on the side, pour the remaining dressing around and serve immediately

Enjoy!