

Cheese Souffle

Classic French cheese soufflé recipe with gruyère and parmesan. Light, fluffy, and golden with step-by-step instructions for perfect results.

20	40	60	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Cheese Souffle

Ingredients

- 4 egg
- 1 cup flour
- 1 cup parmesan cheese
- 3 tbsp unsalted butter
- 1 cup milk
- 1 cup gruyere cheese
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the oven and dish**

Preheat oven to 375°F (190°C). Butter a 6-cup soufflé dish thoroughly and dust with grated Parmesan cheese, tapping out excess.
- 2** Separate 4 eggs, placing whites in a large clean metal or glass bowl and yolks in a small bowl. Let eggs come to room temperature if not already.
- 3 Make the base sauce**

Melt 3 tablespoons butter in a medium saucepan over medium heat. Add 3 tablespoons flour and whisk constantly for 2 minutes until smooth and bubbling but not browned.
- 4** Gradually whisk in 1 cup milk, pouring slowly to prevent lumps. Cook while whisking constantly until sauce thickens to coat a spoon, about 4-5 minutes.
- 5** Remove from heat and stir in 1 cup grated cheese until completely melted and smooth. Season with 1 teaspoon salt and 1 teaspoon pepper.
- 6** Whisk egg yolks one at a time into the warm cheese mixture until fully incorporated. Set aside to cool slightly, about 5 minutes.
- 7 Whip the egg whites**

Beat egg whites with an electric mixer on medium speed until foamy, then increase to high speed and beat until stiff, glossy peaks form, about 3-4 minutes.
- 8 Combine and fold**

Stir one-third of the beaten egg whites into the cheese mixture to lighten it. Gently fold in remaining whites in two additions using a rubber spatula, cutting down through the center and folding over until just combined.

9 Spoon mixture into prepared soufflé dish, filling about three-quarters full. Level the top gently with a spatula.

10 **Bake the soufflé**

Bake for 25-30 minutes until puffed and golden brown on top. Do not open oven door during baking. Serve immediately while hot and risen.

Tips

Use eggs at room temperature for best results. Remove eggs from the refrigerator 1-2 hours before cooking, or place them in warm water for 10 minutes to quickly bring to room temperature.

Ensure your mixing bowl and beaters are completely clean and free of any grease or residue when whipping egg whites. Even a small amount of fat can prevent proper whipping.

Grate cheese finely for better melting and integration into the béchamel sauce. Freshly grated cheese melts more smoothly than pre-shredded varieties.

Fold egg whites gently but thoroughly using a rubber spatula in a cutting and folding motion. Add whites in two or three additions to maintain airiness.

Fill the soufflé dish only 3/4 full to allow room for rising. Level the top with a spatula and create a shallow moat around the edge for even rising.

Avoid opening the oven door for the first 20 minutes of baking. Sudden temperature changes can cause the soufflé to collapse.

Test doneness by gently shaking the dish – the soufflé should be set but still slightly jiggly in the center. A toothpick inserted in the center should come out with just a few moist crumbs.

Serve immediately after removing from the oven, as soufflés begin to deflate quickly once they start cooling.