

Stichill Jersey's Cheese Soufflé

Serves 2 as a main course or 4 as a starter.

Ingredients:

- 25g butter
- 25g plain flour
- 120 ml milk
- 100g Stichill/Kelsae cheese
- ¼ tsp each of salt and pepper
- 5g English mustard powder
- 4 Large eggs separated
- 10g parmesan cheese (optional)

Method:

1. Preheat oven to 190°C (375°F).
2. Make a sauce of the butter, flour and milk stirring all the time until thick and smooth.
3. Remove pan from the heat and stir in the crumbled cheese, salt, pepper and mustard.
4. Allow the cool slightly and stir in the egg yolks one at a time.
5. Whisk the egg whites until stiff & glossy, but not dry.
6. Add 2-3 tbsp of the whisked white to thin the sauce and then gently fold in the remaining egg white.
7. Pour the mixture into a 2½ pint soufflé dish and sprinkle with the parmesan.
8. Bake in the centre of the oven for about 30mins and serve immediately with a green salad.