

The Virtual

WINE & FOOD AFFAIR

November 7-8, 2020

J. RICKARDS WINERY



MUSHROOM SOUFFLÉS

INGREDIENTS

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| 8 oz button mushrooms, divided to 3 and 5 oz | 3 large eggs, separated |
| 4 Tbsp butter, plus more for greasing soufflé cups and frying mushrooms | 8 tsp heavy cream, for topping |
| 4 Tbsp flour | 3 Tbsp chives, chopped |
| 1 2/3 cup milk | salt |
| 3 oz grated gruyere cheese, plus more for topping | pepper |
| | nutmeg |

DIRECTIONS

- 1 Preheat oven to 350°F. Grease 8 half-cup oven-proof ramekins with butter.
- 2 Coarsely chop 5 oz mushrooms, and slice remaining for topping. Heat a pad of butter in a medium frying pan and fry the sliced mushrooms until golden. Remove and set aside.
- 3 In the same pan, heat the 4 Tbsp butter and cook the chopped mushrooms until they are lightly browned. Add the flour and cook for a few minutes, stirring. Add the milk and stir until a sauce forms and thickens. Add the 3 oz grated cheese, a pinch of salt, pepper, and nutmeg, and stir to combine. Cool the mixture in a large bowl.
- 4 Beat the egg whites until they are stiff. Beat the yolks, and stir them into the chopped mushroom mixture. Fold in the egg whites.
- 5 Divide the mushroom mixture among the 8 ramekins and place them in a large roasting pan. Fill the pan with water to reach halfway up the outside of the ramekins.
- 6 Spoon 1 tsp cream over each soufflé, sprinkle with remaining cheese, and arrange fried mushroom slices on top.
- 7 Carefully place roasting pan in oven and bake for 25–30 minutes, or until they are puffed and browned. Sprinkle with chives and serve immediately.

PERFECT PAIRING – *J. Rickards Malbec*

ABOUT OUR RECIPE

Fluffy, creamy soufflés served in individual mini ramekins. Rich with umami flavors of mushroom and gruyere, lightly spiced with a sprinkle of nutmeg.

WINEROAD
SONOMA County, CA