CHEFS' TABLE

CRACKING EGG-CELLENCE

TWICE BAKED COMTÉ SOUFFLÉ

Twice-baked Comté soufflé is a luxurious twist on a classic French dish, combining the airy elegance of a soufflé with the rich, nutty flavour of Comté cheese. Perfect for entertaining or elevating a weeknight meal, this recipe ensures a no-fail, showstopping result. Baking the soufflés twice gives them a delightful creaminess while maintaining their signature lightness.

3-4 small soufflé

1 hour

INGREDIENTS

- 220 g Comté, grated
- 2 tsp Dijon Mustard
- 600 mL Milk
- Onion, roughly chopped
- pinch of Whole Nutmeg, grated
- 2 Bay Leaf, dried
- Salt And Pepper
- 2 Tbsp Chives, chopped
- 80 g Unsalted Butter
- 80 g Flour
- 6 large Egg, seperated

DIRECTIONS

1. Grate the Comté cheese. Place ramekins in the fridge to cool.
2. Weigh out butter and flour. Place the butter in a large saucepan, and keep the flour to the side for now. Chop chives, and set aside. Separate the eggs, placing the egg whites in a large bowl and the yolks in a smaller one.
3. Place the bay leaves, nutmeg, onion and a couple pinches of salt & pepper into medium-sized saucepan and cover with milk.
4. Gently heat the milk until just below boiling point, and then remove from heat and leave to infuse for 5 mins. Pass the mixture through the sieve into a heatproof jug, keeping 500mL of the liquid.
5. Gently melt the butter and, once completely melted, add the flour and stir with your rubber spatula until combined. Cook gently, stirring continuously (around 2 minutes, until it is a straw-like colour).

MEET CHEF CHRIS HARTMAN

Chris Hartman discovered his passion for cooking at a young age, starting in kitchens at 14 and studying at the Cordon Bleu in Ottawa. He spent seven years perfecting his craft in renowned hotels and Michelin-starred restaurants worldwide before returning to Calgary, where he championed local ingredients as Chef at the Bears Den and Farm restaurant. In 2017, he opened Fence & Post in Cochrane, quickly earning recognition as a cherished dining destination.

FENCE & POST
A PRAIRIE KITCHEN

TWICE BAKED COMTE SOUFFLÉ (CONTINUED)

DIRECTIONS

6. Slowly add the milk (about a 1/4 at a time), each time stirring until the milk is fully absorbed and combined into a thick paste. When the last of the milk is added, continue to stir and cook over a low heat for 2 minutes. Remove from the heat and immediately beat in the Dijon mustard, chives and cheese. If the cheese has not fully melted, return to heat for 1 minute.
7. Spoon the mixture into a large bowl and set aside for 5 minutes to allow to cool. Whilst the mixture is cooling, whisk egg whites until they reach the stiff peak stage and set aside. Remove ramekins from the fridge and heat oven to 400°F.
8. Once 5 minutes have elapsed, beat in one egg yolk at a time until they are fully combined. Add roughly a 1/4 of the egg white milk. Gently stir in to loosen the mixture before gently folding in the remainder of the egg white. Finally, carefully spoon the mixture into the ramekins so that it comes 2/3rds of the way up to allow space to rise – make sure ramekins are evenly spaced apart.
9. Place in the oven for exactly 15 minutes, remove and place the tray on a cake airer. The soufflés will start to sink almost immediately - very carefully tease the tops inside the ramekins as they do. Once completely cold, run a sharp knife around the inside of the ramekin (it is easier to do this by placing the ramekin on it's side on top of a tea towel) to help remove the soufflés and then place on a baking sheet with a silicon liner or baking paper. Cover with film and pop in the fridge until needed (up to one day in advance).
10. When ready to use, preheat oven to 350°F. Bake for about 15 minutes, or until puffed up and golden again. Remove form oven and serve immediately.