

Broccoli & Feta Soufflé

(makes 6 small ramekins)

3 Eggs (separated)
250 g broccoli (frozen or fresh)
100g Feta sheep's cheese
150 ml low fat single cream
Freshly cut parsley
Salt & Freshly Ground Pepper

Pre heat oven to 200°C.

Cook/microwave/steam your broccoli until nice and soft. Keep 6 small pretty florets aside for decorating later. Put the rest into a food mixer. Add the 3 eggs yolks, Feta, cream, parsley and salt & pepper. Whizz it up until it is well blended.

Beat the 3 egg whites up with a pinch of salt, until they form sturdy peaks, and you can hold the bowl upside down without it all falling out.

Without waiting, mix a third of the egg whites into the broccoli mixture with a metal spoon, using careful cutting and folding gestures. Once the egg whites are well incorporated, mix in another third, then the last third.

Spoon the mixture into 6 ramekins and put them on a flat baking tray.

Bring the oven down to 180° and bake them for 20 minutes. Decorate with remaining broccoli florets/spears and serve with a teaspoon. Bon appétit!

La Belle Demeure, Dordogne