

Spezialitads dal Grischun



GRAUBÜNDEN-STYLE SOUFFLÉ

Light and tempting, an ideal starter or main course

Ingredients

(for four people)

40 g margarine
1 heaped tablespoon breadcrumbs
40 g flour
3 dl chicken stock
1 dl milk or coffee cream
5 eggs
200 g Bündnerfleisch, very finely chopped
(or Bündnerfleisch Julienne)
1 pinch baking powder
1 pinch salt
Freshly ground pepper
½ teaspoon paprika
½ teaspoon mustard

Method

(Preparation time: 1 hour, cooking time: approx. 45 minutes)

- Place oven rack in lowest position and preheat oven to 180°C (convection type 170°C). Grease the soufflé dish with a little margarine and sprinkle the breadcrumbs over the entire surface. Melt 30 g margarine in a frying pan and gently warm the flour. Pour in

the chicken stock and the cream. Bring to the boil while stirring constantly with a whisk and remove from the hob.

- Season with salt, freshly ground pepper, paprika and mustard, simmer for a further 2 to 3 minutes and allow to cool. Separate the eggs, mix 4 of the yolks into the lukewarm mixture and add the finely chopped Bündnerfleisch. Beat the 5 egg-whites with baking powder until stiff enough to form peaks and carefully mix into the sauce. Pour the mixture immediately into the soufflé form and then bake in the oven for about 40 to 45 minutes. Serve hot immediately. This makes a delicious starter or is perfect served with a crispy salad as a main course. Your guests will love it.