The Fantastic L Cooks
Silverbeet Souffle

Season: All year
Type: Main
Difficulty: Medium
Serves: 6 or 15 tastes
From the Garden: silverbeet, egg
Recipe source: Taste.com

What to do:

- Melt the butter in a medium saucepan over medium heat.
- Add the flour and use a wooden spoon to stir until the mixture is smooth.
- Reduce heat to low and cook, stirring, for 1 minute or until the mixture bubbles.
- Remove from heat.
- Gradually add the milk, stirring constantly until the mixture is smooth.
- Place the pan over medium heat. Bring to the boil and cook, stirring constantly, for 3-5 minutes or until the mixture thickens.
- Add the spinach and cook, stirring, until the spinach wilts.
- Remove the pan from heat and stir in the parmesan.
- Transfer the mixture to a large heatproof bowl.
- Stir in the egg yolks.
- Season with salt and cayenne pepper.
- Preheat oven to 200°C.
- Brush the base and sides of six 185ml (3/4-cup) capacity ovenproof ramekins with melted butter to grease.
- Divide the breadcrumbs among the ramekins and rotate to coat the inside.
- Shake out excess.
- Use an electric beater to whisk the egg whites in a clean, dry bowl until firm peaks form.
- Use a large metal spoon to fold half the egg white into the spinach mixture until combined.
- Gently fold in the remaining egg white until the mixture is just combined.
- Spoon the mixture evenly among the prepared ramekins.
- Place the ramekins on a large baking tray.
- Bake in oven for 15 minutes or until the soufflés are puffed and golden.
-Serve immediately.