

Hot souffles : so easy when you know how and so delicious / issued by the British Egg Information Service.

Contributors

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HOT
SOUFFLES

so easy
when you know
how



and so delicious

Issued by the
BRITISH EGG INFORMATION SERVICE
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Add eggs to white sauce
and get

A HOT SOUFFLE

*That is practically all
there is to it*

We consider that you need only remember six things to become a 'Soufflé Queen'. You may, of course, already be an inspired maker of soufflés. You may even teach other people to make them. Even so we think and hope you will be intrigued with our easy-to-remember hot soufflé method. And you will find it works.

I THIS IS THE WHITE SAUCE MIXTURE

You melt 3 ozs. of real butter in a thickish saucepan over gentle heat. As it melts you stir in 2 ozs. of sifted plain flour. Slowly add a $\frac{1}{2}$ pint of milk, keeping the mixture smooth, (lumps would ruin the soufflé). This is easier to do with warmed milk. Bring the mixture to boiling point, stirring all the time. Cook for three minutes, still stirring. And there you have your basic soufflé mixture.

2 ADD YOUR FILLING NOW

Add your filling to your basic soufflé mixture before you add the eggs. (See pages 4, 5 and 6 for kinds of filling to use.)

3 ADD YOUR EGGS THIS WAY

You will need three large eggs. The yolks must be separated from the whites. Beat yolks very thoroughly and mix in with your white sauce and filling. Beat the whites until they are so stiff they stay in your basin when you turn it upside down. Fold these gently, but really thoroughly, into your mixture.

4 PREPARE YOUR SOUFFLE DISH THIS WAY

Prepare it before you start. Use a $1\frac{1}{2}$ -pint soufflé dish (this is important). Grease it well (olive oil is best) and tie greased greaseproof paper outside to stand 2" above the rim.

5 COOK YOUR SOUFFLE THIS WAY

Fill your prepared soufflé dish and cook in a moderate oven for about 45 minutes. Cooking heat and time is so important, we give you this table.

OVEN	SHELF	HEAT
<i>Gas</i>	Middle	Regulo 5
<i>Electric</i>	Middle	390° Fahrenheit
<i>Solid Fuel</i> (Aga, Rayburn)	Middle of oven	350°

- 6 *The soufflé must be eaten at once.
Remember also that all soufflés in this leaflet
are for four people.*

Variations on the *SOUFFLE THEME*

CHEESE SOUFFLE

Use 4 ozs. of grated cheddar cheese, and add to basic sauce. Season with pepper, salt and $\frac{1}{2}$ a teaspoonful of dry mustard.

SHRIMP SOUFFLE

Use 4 ozs. shelled shrimps, fresh or frozen, and add to the basic sauce. Flavour with a squeeze of lemon. Season to taste.

CHICKEN SOUFFLE

Use 4 ozs. of mixed cooked chicken and add to the basic sauce. Flavour with grated lemon and a teaspoonful of chopped parsley. Season to taste.

CHOCOLATE SOUFFLE

Break a 2-oz. bar of plain chocolate into your milk and stir over gentle heat until all the chocolate is dissolved. Use this to make your white sauce. A teaspoonful of vanilla is added with the beaten egg yolks.

This soufflé can be served with whipped cream.

TO BE CRUSTY OR NOT TO BE CRUSTY

If you wish your soufflé to have a crisp crust, bake it according to the table shown on page 3. For an even texture, without crust, stand the soufflé dish in a pan of hot, not boiling, water. Otherwise following timetable above.

THE A.B.C. OF SOUFFLES

APPLE

Add 4 tablespoons thick, sweet apple purée, flavoured with lemon juice.

APRICOT

Add 4 tablespoons thick, sweet apricot purée, flavoured with lemon juice.

ASPARAGUS

Add 6 ozs. fresh, cooked or tinned asparagus, finely chopped.

AUBERGINE

Add 1½ cups cooked mashed aubergine, also 2 ozs. chopped mushrooms seasoned with garlic.

BANANA

Add 1½ mashed bananas, flavoured with orange and lemon juice.

BLACKBERRY

Add 4 tablespoons thick, sweet blackberry purée.

CRAB

Add 4-6 ozs. chopped crab meat.

DAMSON

Add 4 tablespoons thick, sweet damson purée.

DUCK

Add 4-6 ozs. cooked, chopped duck.

FISH

Add 4-6 ozs. cooked, flaked fish—smoked haddock is very tasty.

GOOSEBERRY

Add 4 tablespoons thick, sweet gooseberry purée.

HAM

Add 4-6 ozs. chopped ham.

KIDNEY

Add 4-6 ozs. cooked, chopped kidney.

LEMON

Add finely grated rind whole lemon and juice ½ lemon.

LOBSTER

Add 4-6 ozs. chopped lobster meat.

MUSHROOM

Add 6 ozs. chopped, butter-fried mushrooms.

NUT

Add 4-6 ozs. finely chopped or grated nuts.

ORANGE

Add 1½ cups chopped, tinned mandarin oranges, flavoured with orange juice.

PEACH

Add 4 tablespoons thick, sweet peach purée.

PRAWN

Add 4-6 ozs. chopped prawns.

PRUNE

Add 4 tablespoons thick, sweet prune purée.

RABBIT

Add 4-6 ozs. cooked, chopped rabbit.

RASPBERRY

Add 1½ cups raspberries, flavoured with lemon juice.

RUM

Add 1 tablespoon rum, serve with rum sauce.

STRAWBERRY

Add 1½ cups chopped fresh strawberries, flavoured with lemon juice.

SWEET CORN

Add 1½ cups sweet corn purée.

TOMATO

Add 4 tablespoons tomato purée.

TURKEY

Add 4-6 ozs. chopped turkey.

VANILLA

Add 1 teaspoon vanilla essence and serve with jam sauce.

VEAL

Add 4-6 ozs. cooked, chopped veal.

NOTE : Savoury Soufflés : *Always season basic white sauce with salt and pepper.*

Sweet Soufflés : *Always sweeten basic white sauce with 2 ozs. caster sugar.*