

Cauliflower Soufflé with Browned Butter

An Apple a Day | October 2004



- 1³/₄ CUPS CAULIFLOWER FLORETS**
- 1/4 CUP FINELY CHOPPED ITALIAN PARSLEY**
- 1/4 TSP. SALT**
- 1/8 TSP. GROUND WHITE PEPPER**
- BUTTER**
- 1/4 CUP GRATED PARMESAN CHEESE**
- 6 EGG YOLKS**
- 1/4 CUP BUTTER**
- 1/4 CUP ALL-PURPOSE FLOUR**
- 1/4 TSP. SALT**
- 1/8 TSP. GROUND WHITE PEPPER**
- 1/2 CUPS MILK, HALF-AND-HALF, OR LIGHT CREAM**
- 8 EGG WHITES**
- 1/3 CUP BUTTER**

Place a steamer basket in a medium saucepan. Add water to just below the bottom of the steamer basket. Bring to boiling. Add cauliflower; cover and reduce heat. Steam for 8 to 12 minutes or until tender. Remove basket from saucepan. Cool slightly and finely chop cauliflower (you should have 1¹/₄ cups). In a medium bowl combine steamed cauliflower, parsley, 1/4 teaspoon salt, and 1/8 teaspoon white pepper; set aside.

Preheat oven to 375°. Butter the sides of a 2-quart soufflé dish. Sprinkle inside of dish with Parmesan cheese, coating evenly. Set aside.

In a large bowl beat the egg yolks with a whisk to combine; set aside.

In a large saucepan melt 1/4 cup butter over medium-high heat. Stir in flour, 1/2 teaspoon salt, and 1/8 teaspoon white pepper until combined. Stir in milk. Cook and stir until thickened and bubbly. Remove from heat.

Slowly add sauce to beaten egg yolks, whisking constantly. Stir in cauliflower mixture; set aside.

In another large mixing bowl beat the egg whites with an electric mixer on high speed until soft peaks form (do not overbeat). Fold about a fourth of the egg whites into the cauliflower mixture to lighten it. Gently fold in the remaining egg whites. Transfer mixture to the prepared soufflé dish. Bake 30 to 35 minutes, until soufflé is puffed and top is golden brown.

Meanwhile for browned butter, in a small saucepan heat 1/3 cup butter over low heat until melted. Continue heating about 15 minutes until butter turns a delicate brown. Serve soufflé immediately drizzled with browned butter. Makes 8 servings.