

# SOMERSET GOATS CHEESE CAPRICORN

## STARTER

### 6) Twice-cooked Capricorn and Thyme Soufflés (winter)

Serves 6

#### Ingredients

275ml milk

1 bay leaf

1 shallot, peeled and quartered

few gratings of nutmeg

50g butter

50g plain flour

2 x 100g Capricorn goats cheese, diced

3 tsp fresh thyme leaves

3 eggs, separated

1 x 142ml carton double cream

- Preheat the oven to 180C (350F, gas 4)
- Generously butter 6 x 150ml ramekins and place in a roasting tin
- Place the milk in a saucepan with the bay leaf, shallot, nutmeg and seasoning. Bring to the boil then strain the flavoured milk into a jug
- In a clean pan, melt the butter then add the flour and cook for 2 mins, stirring, to cook out the rawness of the flour
- Remove from the heat and gradually blend in the flavoured milk to make a thick sauce. Simmer over a low heat for 2-3 mins then turn off the heat
- Stir in three-quarters of the goats cheese, until it begins to melt, followed by 2 tsp thyme and plenty of seasoning, then transfer to a large mixing bowl
- Add the egg yolks, one at a time, stirring until the sauce is smooth
- Put the kettle on to boil, then whisk the egg whites to the soft peak stage
- Mix a spoonful of egg whites into the sauce base to slacken the mixture then carefully fold in the remainder
- Divide between the buttered ramekins, then pour 1cm depth of boiling water into the roasting tin around the ramekins
- Bake the soufflés for 20 mins until risen and golden
- Remove the ramekins from their hot water bath using a fish slice, and leave to cool on a wire rack. Run a small knife or spatula around the edge and turn the soufflés out
- When ready to bake, place them on a buttered baking tray, puffy side up
- Bake for 15 mins in an oven preheated to 180C (350F, gas 4) then pour the cream over the top
- Scatter the reserved goats cheese and thyme over the soufflés and cook for a further 3-4 mins
- Transfer to warmed plates and serve immediately with a balsamic-dressed rocket salad