



# PARSNIP SOUFFLÉ



## QimiQ BENEFITS

- Creamy consistency
- Longer presentation times without loss of quality
- Oven baked dishes remain moist for longer



25



medium

## INGREDIENTS FOR 10 PORTIONS

<b>150 g</b>	QimiQ Cream Base
<b>160 g</b>	Onion(s), finely chopped
<b>10 g</b>	Garlic
<b>600 g</b>	Parsnips, fresh, peeled
<b>100 g</b>	Sweet Grass Dairy Cheese
<b>160 g</b>	Butter
<b>60 g</b>	All purpose flour
<b>20 ml</b>	White balsamic vinegar
<b>100 ml</b>	Chicken stock
<b>100 g</b>	Egg yolk(s)
<b>180 g</b>	Egg white(s)
<b>100 g</b>	Egg(s)
	Salt and pepper
	Ground nutmeg

## METHOD

1. Preheat the oven to 170°C (convection oven).
2. Sauté the parsnips and onions in butter. Add the QimiQ Sauce Base and chicken stock and simmer until soft. Reduce and blend well.
3. Add the garlic, egg yolks, eggs, Sweet Grass Dairy Cheese, balsamic vinegar and spices and mix well. Season to taste.
4. Whisk the egg whites until stiff and carefully fold into the mixture. Fill into moulds which have been greased and coated with bread crumbs.
5. Bake for approx. 12-15 minutes.