



# WILD GARLIC AND KAMUT SOUFFLÉ



## QimiQ BENEFITS

- Baked goods remain moist for longer
- Full taste with less fat content
- Smooth and creamy consistency in seconds
- Acid stable and does not curdle



25



easy

## INGREDIENTS FOR 6 PORTIONS

### FOR THE SOUFFLÉ

|              |                               |
|--------------|-------------------------------|
| <b>250 g</b> | QimiQ Classic                 |
| <b>6</b>     | Egg yolk(s)                   |
| <b>80 g</b>  | Wild garlic, fresh            |
| <b>200 g</b> | Quark 10 % fat [cream cheese] |
| <b>40 g</b>  | Butter, melted                |
|              | Salt                          |
|              | Black pepper, freshly ground  |
|              | Ground nutmeg, ground         |
| <b>600 g</b> | Floury potato(es), cooked     |
| <b>260 g</b> | Kamut, cooked                 |
| <b>6</b>     | Egg white(s)                  |

### FOR THE RAGOUT

|               |                              |
|---------------|------------------------------|
| <b>250 g</b>  | QimiQ Cream Base             |
| <b>2</b>      | Red onion(s), diced          |
| <b>1</b>      | Red pepper(s), diced         |
| <b>2 tbsp</b> | Olive oil                    |
| <b>300 g</b>  | Kamut, cooked                |
| <b>125 ml</b> | White wine                   |
|               | Salt                         |
|               | Black pepper, freshly ground |
| <b>30 g</b>   | Wild garlic, chopped         |

## METHOD

1. For the soufflé: puree the QimiQ Classic, egg yolks, wild garlic, quark, melted butter and spices with an immersion blender until a smooth consistency has been achieved.
2. Add the potatoes and kamut and mix well.
3. Whisk the egg whites until stiff and fold into the mixture.
4. Fill into the greased soufflé moulds and bake in a preheated oven at 170 °C (air circulation) for approx. 20 minutes.
5. For the ragout: fry the onions and red pepper in the hot olive oil.
6. Add the kamut and douse with the white wine.
7. Add the QimiQ Cream Base (previously QimiQ Sauce Base) and season with salt and pepper. Sprinkle with the chopped wild garlic and serve with the soufflé.