



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

150 g	QimiQ Cream Base
600 g	Parsnips, fresh, peeled
120 g	Onion(s), finely chopped
80 g	Apple(s), peeled
120 g	Butter
125 ml	White wine
125 ml	Vegetable stock
5	Egg yolk(s)
150 g	Feta cheese, grated
40 g	All purpose flour
20 g	Bread crumbs
	Salt and pepper
	Ground nutmeg
1	Lemon(s), juice and finely grated zest
5	Egg white(s), whipped

METHOD

1. Preheat the oven to 170 °C (convection oven).
2. Sauté the parsnips, onions and apples in the butter. Deglaze with the white wine and add the vegetable stock. Simmer until soft and reduce until the liquid has been evaporated.
3. Remove the pan from the heat. Add the QimiQ Cream Base (previously QimiQ Sauce Base) and puree.
4. Whisk 500 g of the finished parsnip mixture with the egg yolks, feta cheese, flour, bread crumbs, lemon juice and lemon zest until smooth. Season to taste and fold in the whipped egg whites.
5. Fill into moulds which have been greased and coated with flour and bake in the preheated oven in a water bath for approx. 15 minutes.