



PARSNIP SOUFFLÉ



QimiQ BENEFITS

- Creamy consistency
- Longer shelf life without loss of quality
- Oven baked dishes remain moist for longer



25



medium

INGREDIENTS FOR 10 PORTIONS

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