



# 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

**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

Nutmeg

**1** Lemon(s), juice and finely grated zest

**5** Egg white(s), beaten

## METHOD

1. Preheat an oven to 320 °F (air circulation).
2. Sauté the parsnips, onions and apples in the butter. Deglaze with white wine and add the vegetable stock. Simmer until soft and reduce until there is no liquid.
3. Take the pan from the heat. Add the QimiQ Sauce Base and mix well.
4. Whisk 500 g of the parsnip mixture smooth with the egg yolks, feta cheese, flour, bread crumbs, lemon juice and lemon zest 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.