

# Taste the Hills

## Recipes and Tips

### Twice baked Ludlow Gold soufflés

200ml milk  
Slice of onion  
Blade of mace or a pinch of nutmeg  
1 bay leaf  
50g butter  
50 g flour  
120g Ludlow Gold or any cheese you like, grated  
3 eggs separated  
Salt and pepper  
190ml cream  
1 tblsp snipped thyme and chives  
A pinch cayenne or a little chopped chilli  
1 heaped tsp mustard

Preheat oven to 180 degrees. Heat milk slowly with onion, mace and bay leaf.

Melt butter and stir in flour. Strain in milk gradually, off the heat, whisking all the time. Return to heat and stir until thick and boiling.

Remove from heat and stir in 3/4 of cheese and then egg yolks. Add seasoning and herbs. Put a full kettle on to boil. Generously butter 6 ramekins

Whisk egg whites until stiff and fold in to mixture. Spoon into pots and bake them in a roasting tin bain with the hot water carefully poured into the tray to make a Bain Marie. Bake for 15 minutes or until mixture sets and the tops are golden brown.

Allow to sink and cool. Turn them out and upside down in a buttered dish and sprinkle with remaining cheese. They can be covered and stored in fridge for a couple of days or in the freezer until needed.

When ready to cook them, season the cream and pour round the soufflés. Bake at 200 degrees for 15/20 mins or until browned and bubbling.

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