

# 2000 Twice-Baked Goat Cheese Souffle

**Serves 8**

This souffle from Zax Tavern in Berkeley is baked in individual ramekins, then cooled and baked again right before serving, making it a great choice for entertaining. Tasters loved its delicate texture and subtle goat cheese flavor. Serve it alone or surrounded by lightly dressed greens such as arugula. It also shines with baby spinach dressed with an apple cider vinaigrette, apples, celery and fennel.

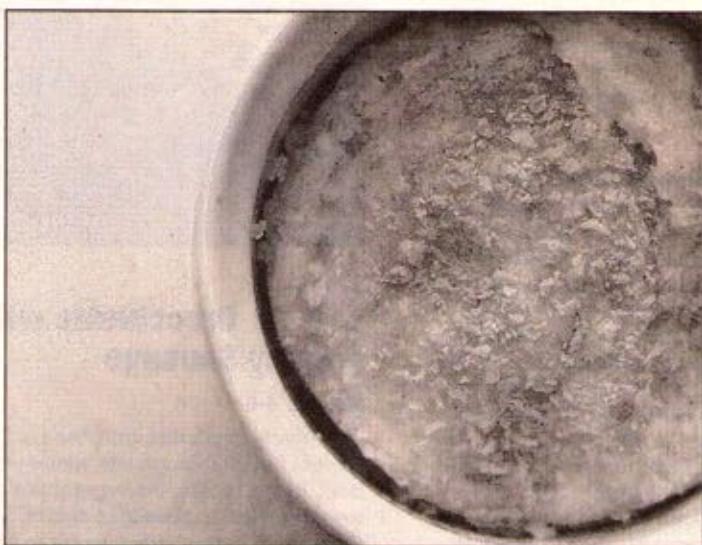
**3 tablespoons butter + butter for coating ramekins**  
**1 cup dry breadcrumbs**  
**3 tablespoons cake flour**  
**1 cup milk**  
**10 ounces soft goat cheese**  
**3 egg yolks**  
**Salt and pepper to taste**  
**1 cup egg whites (about 7 large)**

Position the rack in the center of the oven and preheat the oven to 425°. Butter eight 5-ounce ramekins, making sure to coat them well. Coat each ramekin with breadcrumbs then turn them over and tap out the excess. Reserve any remaining breadcrumbs.

Melt the 3 tablespoons butter in a stainless-steel skillet over medium-high heat. Whisk in the flour and cook for 20 seconds, whisking constantly. Whisk in the milk and cook for about 1 minute, whisking constantly, until the mixture has thickened to the consistency of a thin, pourable pudding.

Crumble 8 ounces of the cheese into a large mixing bowl. Pour the hot milk mixture over the goat cheese and mix well. Add the egg yolks and mix again. Season with salt and pepper.

Using an electric mixer with clean, dry beaters, beat the egg whites in a large bowl until stiff peaks form. Fold half of the whites into the cheese mixture to



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lighten it. Then gently fold in the remaining whites.

Divide half of the souffle mixture among the prepared ramekins. Crumble the remaining 2 ounces of goat cheese and divide among the ramekins, then top with the remaining half of the souffle mixture, dividing it equally among the ramekins. Sprinkle the remaining breadcrumbs over the top.

Place the ramekins in a large baking pan and pour in boiling water to come halfway up the sides of the ramekins.

Bake for about 25 minutes, or until the souffles are golden. Remove from the oven and let

stand, still in their water bath, for 15 minutes.

Using a towel to hold the ramekins, run a knife around the inside rim to loosen. Turn out the souffles onto a baking sheet. The souffles may be held at room temperature for up to 6 hours before the final baking.

When ready to serve, bake the souffles in a 425° oven for 5-7 minutes, or until deep golden brown.

**Per serving:** 250 calories, 13 g protein, 14 g carbohydrate, 16 g fat (9 g saturated), 112 mg cholesterol, 320 mg sodium, 0 fiber.