

OUR FAVORITE RECIPES

Soufflé Afrodisiaco



Ingredients:

4 tablespoons Soufflé mix (see Base Soufflé recipe on our website)
8 tablespoons of sautéed mixture of seafood: prawns, crabs and baby clams
½ chopped onion
1 chopped garlic clove
1 tablespoon extra virgin olive oil
1 pinch chopped parsley
4 fresh oysters
6 egg whites well mounted
50 g (2 oz) butter for ramekins
Salt and pepper to taste

Preparation:

Sauté in a frying pan oil, onion and garlic until lightly coloured. Then add the sautéed seafood mixture cut into pieces, and cook for a minute or so. Salt and pepper to taste. Set aside.

Blend the soufflé mix with the seafood mixture and fold in mounted egg whites. Half fill soufflé ramekins, then place an oyster removed from shell in the middle of the ramekin and then fill the form to the top with the remaining mixture. Place in preheated oven at 490° F for five minutes. Serve immediately.

Makes 4 servings

