

OUR FAVORITE RECIPES

Soufflé Base



Ingredients:

- 3 egg yolks
- 2 heaped tablespoons ordinary flour
- 2 cups fresh whole milk

Preparation:

Beat lightly egg yolks, add 1 heaped table spoon of flour and mix (it becomes quite hard). Place whole milk in a small pot and place on low heat. Take 1 small ladle of milk (which is still cold) and add to the yolk and flour mix so that the mixture becomes more liquid. Then add the second heaped tablespoon of flour, mix well and add another small ladle of milk which is now warm. Stir. Wait until the remaining milk reaches boiling point. Add it immediately to the yolk mixture and continue to stir until the mix thickens to a custard consistence. Cover the bowl immediately with cling rap in order to avoid the formation of a skin. This base, once cooled, can be used to make all types of Soufflé and can last for a week in your fridge.

