

Cheese and Chive Souffle

Adapted from Mark Bittman at the NYTimes

Serves 3-4

Ingredients:

- 1 tablespoon butter
- ½ cup parmesan cheese, grated
- ¼ cup olive oil
- 1 large yellow onion, medium diced
- 1 teaspoon shallots or garlic, minced
- 2 medium zucchini, grated
- Salt
- Black pepper
- 6 eggs, separated
- 1 cup grated cheese (We like cheddar, mozzarella, or jack cheeses)
- ¼ cup chive or green onion, minced

Tools Needed

- 1 Large Sauté Pan
- Wooden Spoon
- Whisk
- Rubber Spatula
- 2 Medium Mixing Bowl
- Chef Knife
- Cheese Grater
- Ramekins for baking
- Measuring Cups and Spoons

Preparation:

1. Heat the oven to 325 degrees. Liberally butter ramekins and sprinkle with parmesan cheese and set aside.
2. In a large saute pan over medium-high heat; sweat onions and garlic or shallots in olive oil until translucent, 5-8 minutes. Add shredded zucchini, salt, and pepper; continue to cook until zucchini is tender and remove from heat. Let zucchini mixture cool; drain off any liquid.
3. While zucchini is cooling, combine egg yolks and cheese in a large mixing bowl and stir. To this mixture, add zucchini, and chives and stir to combine.
4. In a very clean, very dry bowl, beat the egg whites with a whisk until fluffy like a cloud. Gently remove ⅓ of the egg whites and stir into the cheese and yolk mixture. Even more gently, and using a rubber spatula, fold the remaining ⅔ of the egg whites into the cheese and yolk mixture - you are trying to keep as many air bubbles in the whipped egg whites as possible.
5. Carefully scoop the soufflé mixture into the prepared ramekins. Bake until golden and fluffy, about 30 minutes, and enjoy immediately.