

Pumpkin soufflé

4 portions

Autumn is the perfect time for soufflés. Hokkaido has a wonderful nutty and sweet flavour. A perfect duo and so inexpensive. You can prepare the soufflé base (without the egg whites) the day before. Soufflé is not that difficult. So here we go.

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350-500 g pumpkin (with peel)
olive oil
some cane sugar
salt
30 g butter
35 g chopped almonds
30 g butter
30 g wheat flour
150 - 250 ml milk (possible with plant milk)
3 large egg yolks
2 pinches of cayenne pepper
40 g fresh goat's cheese
30 g pecorino, grated
3 large egg whites | pinch of nutmeg

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Preheat the oven to 200°C. Cut the pumpkin into wedges and remove the seeds. Place the pumpkin slices on a baking tray, sprinkle with sugar and a teaspoon of salt and drizzle with olive oil. Bake in the oven for 30 minutes until the flesh is soft.

Leave to cool and mash thoroughly. Weigh out approx. 150 g of puree. Increase the oven temperature to 210 °C and place a baking tray on the top shelf. The already hot tray will ensure that the soufflés rise better.

Grease the moulds with cold butter and sprinkle with ground almonds. Pour out any excess nuts and put the moulds in the fridge so that the soufflé rises better later.

Prepare a béchamel sauce for the soufflé: melt 30 g butter over a medium heat. Stir in the flour and sauté for 1 minute. Pour in the milk and stir vigorously with a whisk until the sauce thickens.

Mix the pumpkin puree, nutmeg, egg yolks, cayenne pepper, goat's cheese, pecorino and salt in a bowl and add to the béchamel.

Beat the egg whites until stiff, add to the pumpkin mixture and carefully work in with a spatula.

Fill the moulds with the mixture up to 1 cm below the top edge.

Place the soufflés on the hot baking tray in the oven and bake for 10-15 minutes at 200 degrees until they have risen nicely and are golden brown in colour. Serve immediately.

Enjoy your meal.

[You can also watch my YouTube video.](#)