

Leek and Mushroom Soufflé

Soufflés add splendor to a holiday meal. They are easy and fun to make. I like the leek-shiitake flavors, but you can enjoy other wild mushroom flavors, too.

Preparation Time: 40 Minutes **Baking Time:** 40 Minutes **Serves:** 6

Ingredients:

2 tablespoons olive oil
2 medium leeks, sliced and chopped finely (use only the white base and the first inch of light green)
2 cups Shiitake mushrooms, diced finely
½ teaspoon sea salt
1 teaspoon Italian herbs, dried
5 medium garlic cloves, minced
¼ cup whole wheat pastry flour
1 cup milk, organic (or dairy free option)
2 tablespoons parsley, finely chopped
½ cup mozzarella cheese, grated
4 tablespoons parmesan cheese, grated
¼ cup vegetable stock
10 large egg whites, organic cage free
½ cup whole wheat breadcrumbs

Garnish:

1 tablespoon almond slivers
¼ cup parsley, finely chopped
1 tablespoon parmesan cheese, grated (optional)

Directions:

Preheat oven to 375 degrees Fahrenheit. Heat a skillet over medium-high heat and add oil. Sauté leeks, mushrooms, salt, and herbs for 2 minutes. Stir occasionally. Reduce heat to medium. Stir in garlic and flour. Continue to heat 2 minutes. Add ½ cup of milk, stir for 2 minutes. Add remaining milk and parsley, stir, and remove from heat when thick, but not dry. Set aside to cool. Add grated cheese. Stir in 2-4 tablespoons of vegetable stock to keep moist but not too wet.

Beat egg whites until stiff. Fold breadcrumbs into egg whites. Gently fold white sauce into whipped egg whites. Don't over mix or you lose air and the soufflé rises poorly.

Brush a round soufflé dish (9-inch diameter, 4-inch deep) with olive oil. Pour soufflé Mixture into dish. Garnish top with almond slivers, parsley, and parmesan cheese.

Bake until a knife or a long toothpick comes out clean and the top is golden, 35-40 minutes. Serve immediately. The soufflé collapses when cut, or as it cools.

Enjoy!

Steven Masley, MD