

Wild Mushroom Soufflé

Here is a great way to warm up your kitchen using the oven and create a fantastic meal at the same time. Use any variety or combination of wild mushrooms, such as oyster or shiitake. Tip: When making a soufflé, bake in the center of the oven and make sure there is no rack above it so that nothing interferes with the rising.

Prep Time: 20 minutes

Baking Time: 30 minutes

Serves: 4

Ingredients:

2 tablespoons virgin olive oil

3 cups wild mushrooms, diced (12 ounces stemmed)

½ cup minced shallots

1 teaspoon dried fines herbs

¼ teaspoon sea salt

¼ teaspoon ground black pepper

¼ cup white wine

2 tablespoons diced Italian parsley

⅔ cup grated Gruyère cheese

8 large organic-fed, cage-free eggs, separated

Garnish:

1 tablespoon chopped Italian parsley

2 tablespoons grated Parmesan cheese

2 tablespoons grated Gruyère cheese

2 tablespoons almond slivers

Directions:

Preheat oven to 400°F. Lightly butter soufflé dish (9 inches wide by 5 inches high) or 1½-quart baking dish.

Heat sauté pan to medium-high, add oil, then mushrooms, shallots, fines herbs, salt, and black pepper. Sauté, stirring occasionally, until mushrooms are soft and tender, 4–5 minutes; add white wine to deglaze the pan and stir 30 seconds. Stir in parsley, remove from heat, and stir in ⅔ cup grated Gruyère.

Soufflé (cont.)

In a large bowl, beat egg yolks together. Add mushroom mixture to yolks.

In a separate bowl, beat egg whites until stiff. Then gently fold into mushroom mixture (don't overmix or the soufflé won't rise) and pour into prepared soufflé or baking dish. Top with parsley, remaining cheeses, and almond slivers. Bake at 400°F for 30–35 minutes, until a skewer comes out clean. Serve immediately.

Enjoy,

Steven Masley, MD