

BROCCOLI-WALNUT SOUFFLE

(reprinted with permission from [Anna Thomas](#))

Original recipe in [The Vegetarian Epicure Book 2](#), published by Alfred Knopf, New York, 1988

4 Tbs butter
4 Tbs flour
1 + 1/2 cup hot milk
5 egg yolks
1 + 1/2 cups chopped cooked broccoli
1/2 cup finely chopped walnuts (*I lightly toasted them first*)
2 Tbs minced onions
2 Tbs grated Parmigiano cheese
1/2 tsp salt, ground black pepper to taste
7 egg whites
pinch of cream of tartar

Butter a 2-quart souffle dish and tie a buttered "collar" made of parchment paper if you want (*I omitted this step*).

Melt the butter in a saucepan and stir in the flour. Cook the *roux* over medium heat for a minute or two, stirring constantly. Then add the hot milk and stir with a whisk as the sauce thickens.

When the sauce is smooth, remove it from the heat and whisk in the egg yolks, one by one. Then add the cooked broccoli, the walnuts, the onions, and the cheese. Stir well and season with salt and pepper.

In another bowl, add a pinch of cream of tartar to the egg whites and beat them with a clean whisk or beater until they are stiff enough to form peaks. Stir about 1 cup of the beaten egg whites into the warm sauce. Now add the remaining egg whites and gently fold them in, making sure not to lose the air incorporated into it.

Pile the souffle into the prepared dish, place it in the middle of a 375 F oven, and bake it for 40 to 45 minutes.

Serve immediately. Remember, a souffle waits for no one... ;-)