

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Hot, Cheesy and Light, Full of Flavor Soufflés!

Creamy Shallot & Manchego Souffle

3 Large Shallots, Chopped
1 TB Olive Oil
Sea Salt and Black Pepper to taste
1 ½ Cups Basil Leaves, Packed
½ Cup Parsley Leaves
¼ Cup Extra Virgin Olive Oil
½ Tsp Sea Salt
¼ Tsp Cayenne Pepper
1 Garlic Clove
2 Cups Light Ricotta Cheese, Room Temperature
4 (8 Oz) Pkg Light Cream Cheese, Room Temperature
1 Cup Grated Manchego
3 TB Cornstarch
3 Large Eggs AND 4 Large Egg Whites

Step One Sauté the shallots in the oil until wilted.

Step Two In a food processor; puree the basil, parsley, oil, salt, pepper and garlic until smooth.

Step Three In a mixer; beat the ricotta, cream cheese, Manchego and cornstarch until smooth and light - about 5 minutes. Fold in the eggs and whites, one at a time, until well incorporated. Remove one third of the cheese mixture to a bowl.

Step Four With a spatula; fold the basil mixture from the food processor and the sautéed shallots into the two-thirds cheese mixture until blended.

Step Five Pour the basil cheese filling into the bottom of each ramekin, then spread an even layer of the plain cheese mixture on top. Set the ramekins on a baking sheet

and bake for about 30 minutes. Serve warm or room temperature.

2 Kitchen Smidgen

You may have heard that soufflés are hard to make, fussy and French and not worth the effort. Au contraire, mon ami! Some recipes may be difficult, but not this one. You can watch them puffing up in the oven in just a bit - and even when they deflate as they cool - they are STILL just as yummy, light and savory.

3 Get Creative

Individual ramekins are a good kitchen purchase; they are inexpensive and versatile for not only this recipe but also dozens of other kitchen uses.

4 WINE of the Week

El Gordo Verdejo

Castile and Leon, Spain

Whole Foods about \$13.00

You'll taste the flavors of Apples, Pears and Tropical fruit- which all sing with the herbaceous flavor of the basil and parsley in these creamy light soufflés. You may not be familiar with Verdejo - a Spanish grape, but once you taste it I think you'll be placing it on your shopping list more often. Crisp and clean tasting, its a super match with salads and veggie dishes.