

DERBÈS WINES

Crab Soufflé



Ingredients

(Serves 6)

- 1/2 lb of crab meat, broken up
- 6 eggs
- 1-1/8 oz of cream
- 1 oz of butter
- 2 oz of Swiss cheese, grated
- 1 oz of corn starch
- chives
- salt and pepper

Warm the oven up to 360 F.

Mix the corn starch in a bit of water, then pour it into a pot. Add the cream, and thicken over low heat, continuously mixing with the spatula.

Separate the egg whites from the yolks. Put the whites in a bowl, leaving the yolks in half shells.

Remove the pot from the stove. Add the butter, then egg yolks, one by one, using a whisk. Salt and pepper.

Whisk the egg whites to firmness, starting with 2 tablespoons of egg whites, delicately adding the cheese, crab meat, and 1 tablespoon of chives, then the rest of the whites.

Pour the preparation into a buttered soufflé dish. Cook 25 minutes until the soufflé rises and gets a gold color.

Serve immediately, without waiting.

Cécile's Notes:

Enjoy with 2001 Derbès Carneros Chardonnay. Soufflé is a dish that cannot wait for you... so better wait for it while enjoying a glass of Chardonnay!

