

ARTICHOKE-SAFFRON SOUFFLE

(from the Bewitching Kitchen, following [Julia Child's basic method](#))

6-cup mold, buttered and sprinkled with grated Parmigiano cheese

3 Tbsp butter
3 Tbsp flour
1 cup hot milk
good pinch of saffron
1/2 t salt
1/8 t pepper
4 egg yolks
5 egg whites + pinch of salt
3/4 cup artichoke hearts, sautéed slightly in olive oil
1/8 cup Fontina cheese, grated

Heat the milk almost to the point of boiling, add the saffron and let it rest for 15 minutes. Melt the butter, stir in the flour and cook for 2 minutes, don't allow it to brown. Remove from the heat, and when the butter stops furiously boiling, add the saffron/milk all at once. Return to medium heat and cook, stirring constantly for a couple of minutes more. The sauce will thicken considerably. Season with salt and pepper.

Remove from heat, allow it to cool for 5 minutes or so, and add the egg yolks, one by one, mixing very well after each addition. This sauce can be prepared to this point and refrigerated; bring it to lukewarm before continuing. If you decide not to refrigerate it, then dot it with butter, cover it with a plastic wrap and go work on the egg whites.

Beat the egg whites with a pinch of salt until firm peaks form – depending on your mixer or the strength of your biceps it will take 2 to 5 minutes. Add 1/3 of this mixture to the sauce, to thin it slightly – add the prepared artichoke hearts and the Fontina cheese, mix well. I like to keep the artichoke hearts in chunks, but if you prefer you can cut them in very small pieces.

Now, add the remaining egg whites and fold into the sauce. You don't need to mix it until it is all incorporated and totally homogeneous, because the "lift" of your soufflé depends on the air present in the beaten egg whites. If you deflate it, you won't have a well-risen soufflé (it will still taste good, though).

Fill the soufflé mold to 3/4 of its volume, place it in a 400F oven, reducing the temperature immediately to 375F. Cook the soufflé for 30 minutes – do not open the oven door during the first 20 minutes. If you like it moist inside, serve after 30 minutes. I prefer to cook for 5 additional minutes, then the texture inside is perfect, not too dry, not too creamy.

Remove pork from marinade; pat dry. Grill pork until an instant-read thermometer inserted into the center registers 140°. Let rest 10 minutes. Slice pork and serve with curry sauce and cumin-spiced pumpkin seeds.