

BROCCOLI SOUFFLE'

(adapted from Julia Child's [Mastering the Art of French Cooking](#))

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

Parmigiano cheese for mold (about 2 T)

3T butter

3T flour

1 cup hot milk

1/2 t salt

1/8 t pepper

pinch of cayenne pepper

4 egg yolks

5 egg whites + pinch salt

3/4 cup broccoli florets

1/4 to 1/2 cup mozzarella cheese, grated

Before you start, cook the broccoli florets. Place in a microwave-safe dish, season lightly with salt, and sprinkle some water. Cover with plastic wrap and microwave for 2 minutes. Immediately remove from the dish and lay on a plate to cool. Cut in pieces that are no more than 3/4 inch big. Reserve.

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 milk all at once. Return to medium heat and cook, stirring constantly for a couple of minutes more. The sauce will thicken considerably. Add salt, pepper, and cayenne.

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 cheese and mix well. 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 souffle' depends on the air present in the beaten egg whites. When it's almost fully folded, add the broccoli florets and fold a few times, very gently.

Fill the souffle' mold to 3/4 of its volume, place it in a 400F oven, reducing the temperature immediately to 375F. Cook the souffle' 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.