

# Peynir Suflesi

Fransız mutfağının klasik lezzeti peynirli sufle! Kabarcık ve altın rengi bu sufle tarifi, kolay adımlarla evde yapılabiliyor.

20 min

HAZIRLIK

40 min

PIRME

1h

TOPLAM

4

PORSİYON

Medium

ZORLUK

Peynir Suflesi

## Malzemeler

- 4 egg
- 1 cup flour
- 1 cup parmesan cheese
- 3 tbsp unsalted butter
- 1 cup buttermilk
- 1 cup gruyere cheese
- 1 tsp salt
- 1 tsp black pepper

## Yapılış

- Prepare oven and soufflé dish**

Preheat oven to 200°C (400°F). Generously butter a 6-cup soufflé dish or similar baking dish. Dust with flour, tapping out excess.
- Make the base sauce**

Melt 3 tablespoons butter in a medium saucepan over medium heat. Add 3 tablespoons flour and whisk constantly for 2 minutes until the mixture bubbles but doesn't brown.
- Gradually add 1 cup milk while whisking constantly to prevent lumps. Continue cooking, whisking frequently, until sauce thickens and coats the back of a spoon, about 3-4 minutes.**
- Remove sauce from heat and season with 1 teaspoon salt and 1 teaspoon black pepper. Let cool for 5 minutes until just warm to the touch.**
- Add cheese and egg yolks**

Whisk 4 egg yolks into the cooled sauce one at a time until well combined. Stir in 1 cup grated cheese until melted and smooth.
- Whip egg whites**

In a clean bowl with clean beaters, whip 4 egg whites until stiff peaks form when you lift the beaters, about 3-4 minutes with an electric mixer.
- Fold mixture together**

Add one-third of the whipped egg whites to the cheese mixture and stir vigorously to lighten the base.
- Gently fold in remaining egg whites using a rubber spatula, cutting down through the center and folding over until just barely combined with a few white streaks remaining.**

9 **Bake the soufflé**

Pour mixture into prepared dish and smooth the top. Bake for 25-30 minutes until puffed and golden brown on top, without opening the oven door.

10 Serve immediately while hot and puffed, as the soufflé will deflate quickly once removed from the oven.

## puçlar?

Sufle yapmadan bir saat önce yumurtalar? buzdolab?ndan ç?kararak oda s?cakl???na gelmesini sa?lay?n. So?uk yumurtalar do?ru k? vanda ç?rp?lamaz.

Yumurta sar?s?n? ve beyaz?n? ayr?rarak ayr? ayr? kullan?n. Bu, suflenin daha hafif ve kabar?k olmas?n? sa?lar.

Yumurta ak?n? metal kapt? ç?rp?n. Metal, ?s?y? daha iyi ileterek aklar?n daha h?zl? ve kararlı ç?rp?lmas?n? sa?lar.

Be?amel sos ile yumurta ak? kar???m?n? birle?tirirken spatula ile alttan üste do?ru hafif hareketlerle kar???t?r?n. Sert kar???t?rma havay? kaç?r?r.

F?r?n kapa??n? pi?irme sürecinde açmay?n. Ani s?caklık de?i?imi suflenin çökmesine neden olur.

Sufle kab?n? ya?lad?ktan sonra un serpererek kaplay?n. Bu, suflenin kenarlarda tutunmas?n? ve daha iyi kabarmastna yard?mc? olur.

Mükemmel kabarma için sufle kab?n?n sadece 3/4'ünü doldurun. Tam doldurursan?z sufle ta?abilir.

Servisi geciktirmemek için misafirlerinizi sufle haz?r olmadan önce masaya oturtuun. Sufle beklemez!