



Eggnog Soufflé

Serves 4 persons.

Ingredients:

1/2 quart milk
4 ounces sugar
4 ounces bread flour
4 ounces butter
6 eggs (separated)
2 teaspoons vanilla
2 teaspoons cinnamon
1 teaspoon nutmeg
4 tablespoons spiced rum (optional)

Method:

Preheat oven to 350. In sauce pot warm milk, sugar and spices on stove over medium heat.

In mixing bowl, bring flour and butter together with hands till you have small crumbles. When milk mixture comes to a boil, reduce heat and whisk in butter-flour mixture. Continue on low heat, stirring constantly until mixture thickens and pulls away from the sides of the pan.

Allow mixture to cool to room temperature. Add egg yolks to mixture, stirring constantly, adding one at a time.

Place egg whites in mixer and whip until medium peaks are formed. Fold egg whites into milk-flour mixture (don't over mix).

Spoon into buttered and sugared ramekin, and place in center of oven for 12 minutes; remove when almost doubled in size. Serve immediately.

Optional: Cream Anglaise or ice cream poured into dish tableside