

ARTICHOKE SOUFFLÈ WITH CULATELLO AND SAFFRON SAUCE



Menù Ingredients

400 g. Grancrema di carciofi - Grancrema spread with artichokes
- B01

40 g. Preparato in polvere allo zafferano - Saffron Powder Mix -
B90

Ingredients

40 g. Parmigiano reggiano cheese

500 ml. Milk

3 Eggs

q.s. Salt

q.s. Nutmeg

100 g. Butter

40 g. Flour

50 g. Culatello

Chef: Leonardo Pellacani

Method

Serve 6

In a saucepan, melt the butter over moderate heat, add the flour, stirring carefully to avoid lumps. Pour slowly the milk ,previously brought to the boil with a pinch of salt. Season with grated nutmeg and continue cooking until the béchamel sauce begins to boil, turn of the heat and let the sauce to cool down. In a bowl combine three quarters of the béchamel with the grated parmigiano, the artichokes sauce , the culatello cut into julienne strips and the three egg yolks adding one at a time into the mixture. In the meantime, with the help of an electric whisk, whip up the egg whites until stiff, then add them to the artichoke béchamel sauce. Distribute the mixture into the buttered molds and bake at 180°C for 20 minutes. Add the saffron powder to the remaining béchamel sauce, if necessary add some milk if the sauce is too dense. When the soufflés are cooked, take them out of the oven and serve them immediately with the saffron sauce.