

Recipes from the Jon Cuthill radio show

Twice baked Dorset cheese soufflé

3 oz	Butter
3 oz	Flour
10 oz	Milk
4 oz	Grated cheese (mixed hard cheese is fine)
1 oz	Sugar
2 oz	Corn flour
7	Egg yolk
7	Egg white

- In a small heavy bottomed pan, melt the butter and add the flour. Cook the roux out for 5 minutes.
- Add the boiling milk and whisk until smooth and cook for 2 minutes.
- Add the Winchester cheese and cook until completely mixed in and remove from the heat and cool.
- Start whisking the egg whites. Half way through add the sugar and corn flour until light and fluffy (do not over whip).
- Beat the egg yolks into the cheese mix, ensuring it is well mixed.
- Season with salt and pepper and fold in the egg whites until fully incorporated. Butter the soufflé moulds and then dust down with flour, tapping out the excess.
- Fill the soufflé moulds about $\frac{3}{4}$ of the way up. Tap them on a table to make them flat.
- Cook them uncovered in a bain-marie with the oven at 175C for 13-15 minutes.
- When cooked remove from the bain-marie and leave in a warm place. They must rest before removed from the mould.

- To reheat, place the soufflés in a baking tray and pour a little single cream to cover the bottom of the tray and bake in a pre-heated oven 200 degree c for 10 minutes and serve straight away.

*Recipe makes 12 portions.

Home made Crumpets

500gr	Flour
1 teaspoon	Sugar
½ teaspoon	Salt
7gr	Dry yeast (or one sachet)
½ pint	Warm milk
½ pint	Warm water

- Mix the flour, sugar, salt and yeast together in a large bowl.
- Whisk in the warm milk and water until smooth.
- Cling film the bowl and leave in a warm place to prove for about one hour
- When ready to cook, beat back the mix with a spoon to remove any bubbles.
- Spoon into a pre-heated frying pan with vegetable oil/rapeseed oil (not olive oil, it gives a bitter taste to the crumpet) and greased egg rings. Cook until golden on one side then remove the ring and turn over the crumpet to colour the other side.