



easy on the pocket and creative



5 Ways With ... Take ONE key ingredient and create FIVE family meals
by Christelle Le Ru
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Pumpkin soufflés

Serves 4

Soufflés should be baked just before the meal and should be served as soon as they are ready. They make perfect starters, but they can also be served as a main course — in this case, serve them with a salad.

Preheat the oven to 180°C (350°F) fan bake. Grease 4 individual soufflé dishes.

Quarter the pumpkin, deseed and remove the flesh, cut the flesh into chunks, place in a steamer, and cook for 10 minutes or until tender. Purée the cooked pumpkin in a food processor.

Melt the butter in a saucepan. Remove from the heat and mix in the flour. Stir in the milk gradually, mixing until smooth. Cook over a low heat, stirring continuously for a few minutes until the sauce thickens.

Remove from the heat and mix in the egg yolks. Add the grated cheese, pumpkin purée, chopped chives, cornflour and cayenne pepper. Season with salt and pepper.

Beat the egg whites until firm, and fold delicately into the pumpkin mixture. Pour into the prepared dishes and bake for 25 minutes or until just set. Serve immediately.

1 pumpkin
30g butter
2 tablespoons flour
300ml milk
4 eggs, separated into yolks and whites
100g cheese, grated
3 tablespoons fresh chives
1 tablespoon cornflour
1 pinch cayenne pepper
salt and pepper

Tip

You could alternatively use the empty pumpkin shell as a baking dish. If so, cook the whole pumpkin in boiling water for 30 minutes. Take the top off and spoon the flesh out. Set the empty shell aside and prepare the soufflé as described, simply pouring the prepared soufflé mixture into the pumpkin shell before baking.

Have you ever had too much of one product in your fridge or pantry? Family saying something to the effect of: 'not that again ...!' And you stare down at your dinner plate and realise you have used the same key ingredient in the same recipe yet again? Christelle Le Ru steers you lightly and delicately away from your gastronomical cul de sac – although she does use the same ingredient incorporated in five dishes, these are so versatile in nature, that those complaints will not be heard again. Her recipes use basic, inexpensive ingredients that are nutritious with a refreshing end result. These dishes keep the budget in mind as well as offering the family a meal that will satisfy the most picky connoisseur.