

## Nettle Soufflé

Following the guidelines for “souffle” in Julia Child’s *Mastering the Art of French Cooking*, Volume 1, page 163

2 1/2 qt casserole, lavishly buttered, preheat oven 400 degrees

6-7 qts fresh young nettle leaves	1 ½ cups milk, warmed
2 tbs chopped spring onion or leek tops	6 large eggs (not Jumbo)
4 tbs butter	3 oz. grated cheese (Swiss/Parmesan/Comte)
4 ½ tbs flour	½ tsp salt

1. Stem nettle leaves in steamer basket, 4-5 min of good steam, then lift the basket out of pan, drain and chop the cooked leaves. Measure 1 cup, and save any remainder in freezer for another use.
2. Sauté onions in butter, adding flour to cook another few minutes, add warmed milk and whisk on medium low until sauce is very thick.
3. Sauce off the stove, and begin to separate the eggs. One at a time: the yolk is whisked in the sauce and the white goes into the mixer bowl.
4. After all yolks are thoroughly whisked into sauce, the nettles and cheese can be mixed in.
5. Before whipping the whites, add ½ tsp salt, and bring the whites in the bowl up to room temperature by placing in a larger bowl of very warm water.
6. Whip the whites, slowly, then increasing speed to medium or medium high. Stir a couple times, and finish whipping when they are medium peaks, not stiff and dry.
7. Stir about ¼ of whites into sauce, until thoroughly mixed. Then fold in the rest of whites carefully, until well mixed.
8. Quickly pour into buttered casserole, and into hot oven. Immediately turn oven to 375 degrees for 30 minutes.
9. Check for firm doneness with a light touch, and if not firm enough to be cooked all way through, turn oven down to 350 degrees and cook 10 more minutes.
10. Set the table, warm the plates and serve immediately it comes from the oven. Accompany with a cooked vegetable, and a spring salad which includes miner’s lettuce.

