

# Parmesan soufflé with pears

Cuisine: French  
Food category: Desserts




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## Program steps


Preheating: 200 °C


1


 Hot air


 100 %

 Termination by time

 00:09 hh:mm

 200 °C

 80 %



## Ingredients - number of portions - 4

Name	Value	Unit
butter	50	g
parmesan cheese	375	g
egg yolk	3	pcs
double cream	75	ml
dessert wine	150	ml
pears	1	pcs
a sprig of thyme	2	pcs
white	3	pcs

## Nutrition and allergens

Allergens: 3, 7  
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn  
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	458.2 kJ
Carbohydrate	2.9 g
Fat	34.8 g
Protein	32.9 g
Water	0 g

## Directions

Grease the inside of a silicone moulds with the butter and sprinkle with 30g Parmesan.

Whisk the egg yolks with 300g grated Parmesan and add the cream. Whisk the egg whites to stiff peaks and fold through the egg yolk, cheese and cream mixture.

Tip into the serving dish and sprinkle over the remaining Parmesan. Bake for 9 minutes, or until risen, using hot air at 200C.

Meanwhile, pour the wine into a saucepan placed over a medium heat. Add the pear and thyme and bring to the boil. Simmer until the pears are soft and the wine has reduced to a syrupy consistency, remove the thyme sprigs.

Remove the soufflé from the oven and serve immediately with the pears.

## Recommended accessories



Muffin form