



Mini cheese soufflés with fenugreek cheese



Ingredients

- 100 grams fenugreek cheese
- 1 medium onion
- 38 grams unsalted butter
- 1 teaspoon honey
- 24 grams flour
- 150 millilitres semi-skimmed milk
- 3 eggs
- A pinch of salt
- Pepper to taste
- A pinch of nutmeg
- Fresh thyme
- Extra flour

These mini cheese soufflés with fenugreek cheese are light, flavorful, and soft, with the delicious nutty aroma of fenugreek. They are perfect as an appetizer, for lunch, or just for a little treat for yourself. The combination of fenugreek cheese and caramelized onion gives a rich taste, while the soufflé remains wonderfully airy inside. Serve them straight from the oven with some fresh thyme.

Preparation

- 1: Preheat the oven to 190°C. Grease the ramekins with butter and lightly dust them with flour. This allows the soufflés to rise beautifully during baking.
- 2: Sauté the onion in a bit of butter until golden brown. Add the honey and let the onion caramelize briefly. Allow to cool slightly.
- 3: Melt the butter in a pan and stir in the flour to form a smooth paste. Gradually pour in the milk while stirring continuously until you have a smooth, thick sauce. Add the grated fenugreek cheese, spices (salt, pepper, nutmeg, thyme, and a pinch of mustard powder), and egg yolks. Stir in the caramelized onion.
- 4: Beat the egg whites until stiff peaks form and gently fold them into the cheese mixture. This keeps the batter light and airy.
- 5: Divide the mixture among the ramekins and bake for 15–18 minutes, until the soufflés have risen and turned golden brown.
- 6: Remove the soufflés from the oven and garnish with some fresh thyme.

Serving tips & combinations for mini cheese soufflés

Serving suggestion

Place the mini cheese soufflé on a bed of roasted vegetables or crispy lettuce, and add autumnal ingredients such as pumpkin, carrot, or nuts. This creates a delightful contrast between airy and crunchy textures, while the nutty aroma of the fenugreek cheese really comes through.



HENRI WILLIG
The Cheese Family

Henri Willig
henriwillig.com
T +31 (0) 299 65 5151
Monday till friday 08:30 - 17:00

Flavor accents

Finish with a drizzle of honey or a pinch of spices like nutmeg or mustard powder. This adds a subtle depth to the savory soufflé without overpowering it.

Perfect for drinks or lunch

Serve several mini soufflés on a beautiful platter for an appetizer, or pair them with a light salad for a delicious lunch.

This recipe was created by [@uit_carolines_keuken](#)
