

# CESCAPHE CRAB SOUFFLÉ

4 tbsp. Unsalted Butter

½ cup Small-diced Celery

½ tsp. Chopped Thyme

½ tsp. Red Pepper Flakes

½ cup Chopped Cilantro

½ tsp. Curry Powder

4 tbs. Flour

1 ½ cup Milk or Buttermilk

5 Egg Yolks

½ lb. Jumbo Lump Crab meat

1 tsp. Lemon juice

6 Egg Whites, beaten stiff

Heat oven to 400 degrees

1. Melt butter in sauté pan. Add celery, thyme, cilantro, curry powder, pepper flakes and cook for approximately 4 minutes, stir in flour until creamy smooth.
2. Pour in milk and continue to stir until milk begins to thicken.
3. Set aside to cool, lightly stir 1 yolk at time until smooth, add lemon juice.
4. Whip egg whites until stiff.
5. Combine egg whites to mix by folding.
6. Place mix in ramekins or any kind of bakeware.
7. Place on bottom of oven rack. Cook for 10 to 15 minutes.
8. Let ramekins cool, turn them over, and pop out soufflé.

CESCAPHE