

“I really recommend local and organic ingredients, both because it is better for the environment, and because they taste so much better! I hope you enjoy this recipe - I originally found it in one of my mom’s cookbooks - very yummy & worth trying!”

***Elizabeth May, O.C.,
MP Saanich-Gulf Islands***



***Elizabeth May on “Flavours of the West Coast”
with Chef Steve Walker Duncan***

Eggplant Soufflé

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| 1 medium eggplant | 1 cup grated parmesan cheese |
| 3 organic free range eggs | 1 cup milk |
| 2 tbs butter | 2 tbs flour |
| 1 tsp salt | 1 tsp fresh ground pepper |

Peel and slice eggplant and place in boiling water until tender. Grease and flour a 2 quart soufflé dish. In a good quality, small, thick sided pan (excellent heat distribution helps for a good roux), melt butter and flour and blend. Slowly stir in milk and stir vigorously till blended. Bring to a boil, stirring until smooth and thick. Remove from heat. Add 1 cup grated parmesan cheese, salt and pepper. Cool for 5 minutes. Drain eggplant and mash. Separate your eggs and blend the yolks to the cheese mixture and eggplant. Beat three egg whites stiff and fold into eggplant mixture. If you have not made a soufflé before, do not fear. The key is to gently fold in the egg whites, leaving some evident frothy egg whites not fully stirred in. Stir in all the ingredients well, layering the egg whites into the cheese-eggplant mixture. Do not over stir. Pour into greased and floured pan and bake for about 30 minutes at 350 degrees F until golden brown.

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