



Pasta Soufflé

Soufflés can be daunting if you haven’t made one, but once you’ve made one successfully, you’ll feel so triumphant and you’ll want to do more.

4 tablespoons unsalted butter, plus more
for buttering dish
1 cup heavy cream
1 ½ cups béchamel (recipe below)
6 ounces tagliolini or angel hair
1 cup freshly grated Parmigiano Reggiano
6 large eggs, separated
1 teaspoon freshly ground black pepper
1 teaspoon cayenne pepper
1 teaspoon salt or truffle salt
1 egg white

Note

I like Cipriani brand tagliolini, but angel hair pasta will also work.

Preheat the oven to 375°F. Butter an 8-cup soufflé dish (7 ½ inches in diameter and 3 ½ inches high).

Add the heavy cream to the béchamel sauce and cook over low heat for 1 to 2 minutes to warm through. Remove from heat.

Bring a large pot of water to a boil and salt it. Cook the pasta in the boiling water until just al dente. Drain. You should have 1 ½ cups of cooked pasta. Add the pasta, Parmigiano, and 4 tablespoons butter to the béchamel mixture and stir to combine. Lightly beat the 6 egg yolks and stir them into the mixture. Season with pepper, cayenne, and salt.

Beat the 7 egg whites until they form stiff peaks but are not dry. Fold about one-quarter of the egg whites into the pasta mixture. Don’t rush and fold them in using a half-circle gesture, as you are trying to get as much air as possible into the mixture. When the first addition is incorporated, gently fold in the rest.

Pour the mixture into the prepared soufflé dish. Bake until puffed and browned, 40 to 45 minutes. Serve immediately.

Serves 6

Béchamel Sauce

Makes about 1 ½ cups

1 ½ cups whole milk
3 tablespoons unsalted butter
¼ cup all-purpose flour
¼ teaspoon salt

Bring the milk to a boil in a small saucepan over medium heat. Meanwhile, melt the butter in a small heavy saucepan over low heat. Whisk the flour into the butter with a wire whisk and cook, stirring constantly, until incorporated but not browned, 1 to 2 minutes. Remove from the heat.

Add the warm milk all at once, stirring vigorously with the whisk to prevent lumps from forming. Add salt and stir. Return the pan to the burner and cook the sauce for a few minutes longer, stirring constantly, until it is about the thickness of sour cream.

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