

# Cheese Souffle Roll with Spinach & Ham

*A Julia Child recipe, from one of her cookbooks*

## Servings: 5

*Separate the eggs when they're cold - they separate more easily. Adding the cheese at the very end of the preparation means the cheese doesn't completely dissipate throughout, so you still will see and taste the cheese.*



### THICK BÉCHAMEL SAUCE:

1/2 cup unsalted butter  
2/3 cup flour  
3 cups whole milk, heated  
1/2 teaspoon salt  
1 pinch freshly ground black pepper  
1 pinch freshly ground nutmeg

### SOUFFLE:

1/2 of the above Béchamel Sauce  
6 large eggs  
1/4 teaspoon cream of tartar  
1/8 teaspoon salt  
1 cup Gruyere cheese, grated [or Emmentaler]

1 tablespoon unsalted butter  
1/2 cup fresh bread crumbs, coarsely crushed [divided use]

### SPINACH FILLING:

4 tablespoons unsalted butter  
4 tablespoons shallots, minced  
20 ounces frozen spinach, chopped, thawed, squeezed dry  
1 1/2 cups Black Forest ham slices, cut in tiny cubes  
Salt and pepper to taste  
1/2 of the Béchamel Sauce above

3 tablespoons milk (approximate) to thin the sauce  
1/4 cup Gruyere cheese, grated

*Ideally serve this at a sit-down brunch, or a more formal luncheon. The soufflé cannot be made ahead of time, but everything else can be. Would be nice served with a lightly dressed green salad and some bread.*

1. BÉCHAMEL SAUCE: Melt butter in a 3-quart saucepan. Whisk in flour and cook over medium heat until bubbly, 1-2 minutes. Whisk in hot milk (must be hot milk) until smooth. Cook, whisking constantly, as the sauce returns to a boil. Sauce will be very thick. Beat in salt, pepper and nutmeg. Divide sauce in half.
2. SOUFFLE: Preheat oven to 425.
3. Butter a 12x17 inch jelly roll pan (with sides) and line with parchment paper, leaving a 2-inch overhang of paper at each end. Butter the parchment (yes, you must do this) and dust with flour. Melt 1 T. butter in a small skillet and add the bread crumbs. Toss over medium heat until toasted. Set aside to cool.
4. Place HALF the Béchamel in a bowl. Whisk in one egg yolk at a time (or you can temper the egg yolks with some of the hot Béchamel sauce).
5. Beat the egg whites until smooth peaks form. Ideally start the whites at a low speed, then increase as they become thicker. Don't overbeat the whites - they should not be "dry." When the eggs are still frothy add the cream of tartar and salt. Once stiff peaks form, fold about 1/4 of the egg whites into the Béchamel to lighten up the mixture. Add the remaining whites and gently fold and turn the bowl until there are no more streaks of egg white. Do not overmix. Gently fold in the cheese.
6. Pour soufflé mixture into the prepared pan and smooth the top with an offset spatula, clear into the corners. Bake for 12-15 minutes (12 if using pure convection, 15 if conventional oven) or just until the soufflé has puffed and top feels slightly springy.
7. SPINACH FILLING: While soufflé bakes prepare the spinach filling. Melt butter in a medium skillet over medium heat and add the shallots. Cook for one minute. Stir in the tiny cubes of ham and toss for one minute. Stir in the spinach (squeezed VERY dry) and Béchamel, adding more milk if necessary to thin out the sauce. The mixture should be spreadable but not too thin. Stir in the cheese and taste for seasoning.
8. SOUFFLE: Remove soufflé from oven and sprinkle top with half of the toasted breadcrumbs. Use a spatula all around the edge of the soufflé so it's not sticking to the edges anywhere. Lay a piece of parchment paper over the top of the soufflé and carefully turn the pan over onto a bread board or countertop. Let rest 5 minutes, remove pan, then carefully peel off the paper.
9. Spread the hot spinach filling over the warm soufflé, leaving a 1-inch border along one long side, the side farthest from you. Fold back the bottom parchment paper partially (about an inch), and roll up the soufflé, using the parchment paper to help. As you do this have a hot serving plate/platter next to the far edge and gently roll the soufflé onto the platter, making sure the open edge is on the bottom side. Sprinkle with the remaining toasted bread crumbs and serve immediately.

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Per Serving (excluding unknown items): 752 Calories; 53g Fat (63.3% calories from fat); 41g Protein; 29g Carbohydrate; 4g Dietary Fiber; 429mg Cholesterol; 1213mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2

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Vegetable; 0 Fruit; 1/2 Non-Fat  
Milk; 8 1/2 Fat.