

Oatmeal and Berry Soufflé

Serves 6

Ingredients

- 1 cup steel-cut oats
- 1 cup whole milk
- 2 cups water
- 2 Tbs. maple syrup
- pinch kosher salt
- 3 large eggs separated
- 2 cups mixed raspberries, blueberries and blackberries
- 1/2 tsp. grated orange or lemon zest

Instructions

1. Preheat oven to 350 degrees. Butter a 2 quart baking dish
2. In a large sauce pan combine, milk, water, maple syrup, salt and oats and bring to a simmer. Cook until thick, 12-15 minutes. Remove from heat.
3. Working quickly, stir the egg yolks into the oatmeal until well blended, then add 1cup mixed berries and stir.
4. In a large bowl beat egg whites until medium stiff peaks form, 3-4 minutes. Gently fold egg whites into oatmeal mixture until just combined. Scrape into prepared baking dish and bake for 30 minutes, until puffed and golden. Top with remaining berries and serve.

FOR MORE RECIPES VISIT : THECULINARYCURE.COM