



Knorr®
PROFESSIONAL

Best
IN THE
BUSINESS

PRESTON WALKER | ELDERLY CARE | 10 SERVINGS

SMOKED HADDOCK OMELETTE SOUFFLÉ

INGREDIENTS

200g Smoked haddock, skinless & diced
75g Onion, finely diced
30g Butter
200ml Milk
20g Knorr Professional Vegetable Paste Bouillon
20g Flour
25g Cheddar cheese, grated
25g Mozzarella, grated
30g Baby spinach, chopped
10g Chives, finely sliced
4no. Eggs, separated
20g Breadcrumbs

METHOD

- Soften the onions in a pan with 10g butter. Add in the milk and the bring to a simmer.
- Whisk in the KNORR Professional Vegetable Paste Bouillon and gently poach the smoked haddock.
- Strain the mix reserving the milk.
- In a pan melt 20g butter and add the flour, whisk together, and cook for 1 minute. Gradually add the reserved milk and bring to the simmer to create a smooth sauce.
- Remove from the heat and allow to cool slightly before whisking in the egg yolks. Then stir through the spinach, cheeses, and chives.
- Combine the sauce with the warm poached fish and onion folding carefully so not to break up the pieces of fish.
- Whisk the egg whites until stiff then fold into the fish mixture
- Grease a dish and coat with dried breadcrumbs. Add the mixture to the dish and cook for 10-12 minutes at 200°C.
- Cut into portions then serve with new potatoes and tomato salad.