

Individual Sweet-Potato Soufflés

Serves 4



Ingredients

- 3 sweet potatoes
- 2 tablespoon butter, plus more for baking dishes
- 1/4 small onion, finely chopped (1/2 cup)
- 1/8 teaspoon cayenne
- 1/2 teaspoon dried thyme
- Salt and ground pepper
- 1 tablespoon flour
- 1/2 cup milk
- 1 tablespoon honey
- 3/4 cup coarsely grated Gruyere cheese
- 3 large eggs, separated

Directions

1. Preheat the oven to 400°. Prick the sweet potatoes with a fork, and roast on a large baking sheet lined with aluminum foil for 50-60 minutes.
2. Cut the potatoes in half lengthwise and scoop the flesh into the bowl of a food processor; discard the skins. Add the honey, butter, salt, and pepper to the processor and puree.
3. Lower the temperature in the oven to 375°. Butter four 3/4-cup ramekins; set aside.
4. In a medium saucepan, melt butter over medium-low heat. Add onion, garlic, cayenne and thyme; season with salt and pepper. Cook, stirring often, until the onion is softened, about 8 minutes. Stir in flour; cook, stirring, 3 minutes.
5. Gradually whisk in milk; simmer, whisking constantly, until thickened, about 2 minutes. Remove from heat, and stir in 1/2 cup cheese, salt and pepper. Whisk in sweet-potato puree, and then egg yolks, one at a time.
6. In a clean mixing bowl, beat egg whites with an electric mixer at a slow speed for 1 minute. Add a pinch of salt, and increase the speed to medium-medium/high. Beat until stiff peaks form (stop as soon as you see stiff peaks, if you continue beating they deflate again). Whisk 1/4 of whites into cheese mixture. Using a rubber spatula, gently fold in the rest.
7. Place ramekins on a rimmed baking sheet. Pour mixture into ramekins; sprinkle with remaining cheese. Bake until puffed and golden brown, 15 to 20 minutes.

