

## Spaghetti squash and ginger soufflé

MAIN COURSES

**Preparation time:** 20 to 30 minutes

**Cooking time:** 15 to 20 minutes (large soufflé mould)\*  
7 to 10 minutes (ramekins)

**Servings:** 4



**André Loiseau,**  
Chef and owner

Winner of the Grands Prix du tourisme québécois 2008

Restaurant Carte Blanche, Montréal

Ingredients	Amount		Method
	Metric	Imperial	
Spaghetti squash	625 ml	2½ cups	Preheat oven to 350°F (175°C). Peel and seed the squash. Cut the flesh into small cubes, cover it with salted water (to preserve the colour) and bring it to a boil. Drain and purée the flesh until smooth in a food processor.
Fresh grated or powdered ginger	10 ml	2 tsp.	Stir in the ginger, grated cheese and egg yolks. Beat the egg whites until stiff peaks form and gently fold them into the mixture.
Grated Cheddar cheese	45 ml	3 Tbsp.	
Eggs (yolks and whites separated)	3	3	Salt and pepper to taste.
Butter	5 ml	1 heaping tsp.	Butter and lightly flour the moulds.
Flour	5 ml	1 heaping tsp.	Fill the moulds ¾ full.
Salt and pepper	To taste		Increase the oven temperature to 410°F and bake for approximately 15 to 20 min. for a large mould or 7 to 10 min. for ramekins. Avoid opening the oven door during baking.**

\* 4 small ¾ cup ramekins or one large 3 to 4 cup soufflé mould

\*\* Cooked perfectly when a knife slides smoothly into the soufflé.