

Spaghetti squash and ginger soufflé

MAIN DISHES

Preparation time: 20 to 30 minutes

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

Servings: 4

Ingredients	Amount		Method
	Metric	Imperial	
Spaghetti squash	625 ml	2 1/2 cups	Preheat oven to 350°F (180°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. Add salt and pepper to taste.
Grated Cheddar cheese	45 ml	3 Tbsp.	
Eggs (yolks and whites separated)	3	3	
Butter	5 ml	1 heaping tsp.	Butter and lightly flour the moulds.
Flour	5 ml	1 heaping tsp.	Fill the moulds 3/4 full.
Salt and pepper	To taste		Increase the oven temperature to 410°F (200°C) and bake for approximately 15 to 20 minutes for a large mould or 7 to 10 minutes for ramekins. Avoid opening the oven door during baking.**

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

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