



## FRESCOBALDI ITALIAN RECIPES

**Polenta Soufflé with Lemon Cream Sauce**

Serves 8 small plates

**Ingredients**

2 Tbsp olive oil  
2 ¼ cups milk  
1/3 cup polenta  
1/4 cup plus 2 Tbsp masa harina (corn flour), separated  
4 eggs, separated  
1 cup parmesan cheese  
1 Tbsp butter  
1 shallot, minced  
1 lemon, zest and juice  
1 cup heavy cream

**Directions**

Pre-heat oven to 400 F.

Butter a 6 cups soufflé dish and dust it with ¼ cup of masa harina.

In a heavy bottomed sauce pan heat the milk and oil until it starts to steam. Keeping heat med-low, gradually sprinkle in the polenta while stirring. Continue to stir for 10 minutes to open up the tender grains.

Continue stirring and sprinkle the 2 tbsp of masa harina into the béchamel. Stir until it starts to thicken, about 5 minutes. Remove pan from heat and stir in 3 egg yolks, one at a time. Set the béchamel aside.

In a clean bowl whisk the egg whites until stiff. Gently fold 1/2 cup egg whites and all the cheese into the béchamel. Then gently fold the béchamel into the rest of the egg whites.

Spoon it into the soufflé dish. Bake for 20 minutes.

Reduce heat to 350 F and continue to bake for 5 minutes.

During the last 10 minutes of baking make the sauce  
Melt 1 tbsp butter in a small sauce pan. Add the shallot and lemon and stir until the shallot translucent. Stir in the cream and 1 tsp lemon juice. Stir until thickened, about 5 – 7 minutes.