



Savory Squash Soufflé

Courtesy LadyFingers Private Chef and Catering Service
6 servings

Ingredients:

- 1 medium head of garlic
- 1 teaspoon olive oil
- 1 medium butternut squash or other winter squash
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup sweet onion, chopped
- 2 teaspoons olive oil
- 4 eggs
- salt to taste
- white pepper to taste

Instructions:

1. Preheat oven to 425.
2. Spray 6 ramekins or custard cups with non-stick coating.
3. Slice off stem end of garlic and place garlic, sliced side up, in the middle of a square of aluminum foil. Drizzle with olive oil and fold edges of aluminum foil over garlic, creating a sealed packet. Place packet in oven, directly on rack and roast for 40 minutes. Remove packet from oven and let cool until garlic can be handled safely. Squeeze roasted garlic into a small bowl and let cool completely. This may be done up to 1 day in advance.
4. Carefully slice butternut squash into 1-inch rounds. Remove all seeds and place rounds on a baking sheet. Brush rounds with olive oil and place baking sheet in oven. Roast squash for 30 – 40 minutes or until squash is tender (test with fork). Remove squash from oven and let cool until squash can be safely handled.
5. Reduce oven temperature to 350.
6. While squash roasts, sauté chopped onion in olive oil until tender. Set aside to cool.
7. While vegetables cool, separate eggs. Place all egg whites into a mixing bowl. Reserve 2 egg yolks and set aside the remaining two for a future purpose.
8. Remove squash flesh from the skin and place 2 cups of flesh into a large bowl. Add sautéed onion and 1 teaspoon roasted garlic to squash and hand-mash. Add two egg yolks and continue to mash until eggs are incorporated and mixture is smooth. Season with salt and pepper.
9. Beat egg whites until stiff and glossy. Using $\frac{1}{3}$ of egg whites at a time, gently fold them into the squash mixture.
10. Spoon squash mixture into prepared ramekins and place ramekins into a baking pan. Fill the baking pan with hot water until half-way up the sides of the ramekins. Bake for 30 minutes or until puffed and lightly browned.