

Ham & Cheese Breakfast Soufflés

Serves 4

Ingredients

1 sheet Puff pastry dough, thawed
5 large eggs
1/4 cup half and half
1/4 teaspoon salt
1/2 teaspoon black pepper
2 tablespoon shredded Parmesan cheese
1/2 cup shredded apple smoked gouda, plus 4 tablespoons, divided (about 1 ounce)
4 ounces sliced ham, diced (about 1/2 cup)
1 tablespoon unsalted butter melted
Minced fresh chives for garnish

Lightly flour a clean work surface. Unroll puff pastry. Allow the frozen pastry to thaw while preparing the other ingredients.

Preheat oven to 375 degrees F.

Place 4 (4 1/2-inch) ramekins, mini tart pans or paper soufflé wrappers on a baking sheet. Lightly grease the four baking dishes or ramekins with vegetable cooking spray. Set aside.

Whisk together the eggs. Add the half and half, salt and pepper and whisk until blended. Add the Parmesan, 1/2 cup of the smoked gouda, and diced ham. Stir to combine. Microwave the egg mixture for 30 seconds on high. Remove from the microwave and stir the eggs. Microwave 2 or 3 more times (for 30 second intervals) or until you have a very runny scrambled egg mixture. Or you can do this on the stove-top.

Lightly dust the puff pastry with flour and gently roll out to a 12x12 inch square. Cut the pastry into four 6x6-inch pieces.

Line each ramekin with one piece of the dough. Divide the egg mixture between each ramekin. Sprinkle 1 tablespoon of smoked Gouda cheese on top of the egg in each ramekin, and then gently fold the corners of the dough in, over the eggs and cheese. Brush the dough corners with melted butter.

Bake for 25 to 30 minutes or until pastry is golden brown and the eggs are puffed.

Remove from oven and cool for 5 minutes, then carefully remove the soufflés from the ramekin or pan and serve hot. Garnish with minced chives if desired.

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