Mackerel and Carrot Souffle with Parsley Potatoes

1 large souffle divided into 4 portions, each with one-quarter of the parsley potatoes · Active 40 min · Total 1 hr 30 min

Skills: Making a thick white sauce and folding beaten egg whites

Ingredients

- 3 tablespoons butter (40 g), divided: 1 teaspoon/5 g for dish and 35 g for sauce
- 3 medium carrots, coarsely grated (250 g prepared)
- 1/4 cup water for carrots (60 ml)
- 1/3 cup plus 1 tablespoon all-purpose flour (45 g)
- 1 1/2 cups milk (360 ml)
- 2 cans plain mackerel, drained and checked (240 g drained total)
- 4 large eggs, separated (200 g without shells)
- 3/4 teaspoon fine salt (4.5 g), divided: 1/4 teaspoon/1.5 g for souffle and 1/2 teaspoon/3 g for potatoes
- 1/2 teaspoon ground black pepper (1 g)
- 1 3/4 lb potatoes, peeled and cut into 1-inch/2.5 cm chunks (800 g prepared)
- About 6 cups water for potatoes (1.5 L)
- 1 tablespoon neutral oil (15 ml)
- 1/4 cup chopped fresh parsley (15 g)

Set out

tall 2-quart/2 L souffle dish, 2 saucepans, grater, colander, 2 mixing bowls, whisk or electric hand mixer, flexible spatula, baking tray, food thermometer

Allergens

fish, egg, wheat, milk. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C. Grease the tall souffle dish with 5 g butter and put it on the baking tray. Cook grated carrots with their 60 ml water in a covered saucepan for 6–8 minutes until tender; drain thoroughly. Separate eggs, putting whites into a clean grease-free bowl and yolks into a small bowl.

2. Melt the remaining 35 g butter in a saucepan over medium-low heat. Stir in flour for 1 minute, then gradually whisk in milk. Cook, stirring, for 3–4 minutes until very thick and smooth. Remove from heat and cool for 10 minutes until warm rather than hot.

3. Meanwhile, put potatoes and their cooking water in the other saucepan. Bring to a boil and cook for 15–18 minutes until tender. Drain, toss with oil, parsley and 3 g salt, then keep covered and warm. Check and flake mackerel, discarding any unwanted skin or hard bone fragments.

4. Stir egg yolks into the warm sauce, then add carrots, mackerel, 1.5 g salt and pepper. Whisk the egg whites until firm peaks hold their shape. Stir one-quarter into the thick base to loosen it, then fold in the rest in 2 additions, stopping when no large white streaks remain.

5. Immediately spoon into the prepared dish, no more than three-quarters full. Bake on the tray for 30–35 minutes without opening the oven during the first 25 minutes. The top should be risen and golden, and the center must reach 165°F/74°C; if not, bake longer and check again.

6. Bring the souffle to the table promptly. Divide into 4 portions and give each person one-quarter of the warm parsley potatoes. A little settling after the oven is normal.

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A change of technique

The airy texture comes from separated eggs rather than expensive fish. Use an ordinary plain canned mackerel whose drained weight reaches the stated amount.

Ingredient labels

Use plain canned fish and check its label for sauces or additional allergens. The base white sauce contains butter, wheat flour and milk.

A useful detail

Prepare the potatoes, carrots and dish before folding the whites. The stated total allows for sauce cooling and the egg-white stage; a shallow casserole dish is not an equivalent substitute.

Keep it well

The souffle is best served immediately. Refrigerate any leftovers in shallow portions within 2 hours, or 1 hour above 90°F/32°C, and keep at 40°F/4°C or below for up to 3 days. Reheat a portion and its potatoes to 165°F/74°C throughout. The souffle will be denser after chilling; do not expect a second rise.