

In the Kitchen

with
Dean Sincock



Your guests will think you've just created a miracle!

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I've been cooking for almost 20 years. I started my career in Christchurch where I did a short cooking course, then headed to Australia where I did my apprenticeship in a small but well reviewed restaurant on the lower North Shore of Sydney. I worked there on and off for 4 years, then it was off to England for two years of fun, work and travel. On my return to Sydney I worked at Lucio's Italian Restaurant in Paddington for a couple of years, before taking on a number of head chef positions.

In 2002 I returned to New Zealand to live, and I spent that summer working at the Boatshed Café in Mapua, just on the outskirts of Nelson. After that season I went back to Australia to work, but soon I was working at Lake Rotoroa Lodge over our summer and northern hemisphere fishing lodges over winter, first at Murmansk in Russia, then another fishing lodge in Bristol Bay, Alaska.

In recent years I've been spent the New Zealand winter in the south of France on the *Roi Soleil* – a luxury barge cruising the Canal du Midi. Spending the European summer cooking for discerning clients in one of the world's great food and wine regions, is a great experience.

In 2011 I had the opportunity to go to the kingdom of Bhutan where I was asked to do some consultancy work at Zhiwa Ling Hotel in the Paro Valley for 3 months. During my stay I spent most of my time in the kitchen with the local chefs, teaching and guiding them on ways to better utilise the local produce. We also looked into ways they can start to be a little more sustainable, rather than relying so much on imported produce.

And of course when I'm not on the other side of the world, I'm head chef here at Stonefly Lodge, a 5 star boutique flyfishing lodge in the heart of the brown trout country on the banks of the lovely Motueka River.

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Double-baked Goats Cheese Soufflé with salad leaves and blue cheese sauce

INGREDIENTS

- 120 g plain flour
- 120 g butter
- 150 g goat cheese
- 2 tbsps grated Parmesan
- 600 ml milk
- 6 egg yolks
- 8 egg whites
- 200 g blue cheese
- Extra cream for cooking soufflé and making the sauce
- Melted butter for moulds

METHOD

- Make a roux with the butter and flour. Cook 2-3 minutes.
 - Gradually whisk in the warm milk and bring to boiling point.
 - Mash the goat's cheese until soft and add to the hot sauce.
 - Add the parmesan. Allow to cool for a few minutes.
 - Fold in the yolks thoroughly, taste for seasoning.
 - Beat the whites until stiff but not dry and fold in quickly but lightly.
 - Spoon the mixture into the moulds and bake the soufflés in a bain-marie at 180 degrees for about 15 to 20 minutes – until firm to the touch, well-puffed and slightly golden on top. Remove from the oven.
- The soufflés will deflate and look wrinkled. Allow to cool before turning out.
- To serve, place soufflés in a buttered baking dish and pour over cream to moisten them thoroughly.
 - Place in the oven at 200 degrees for about 12 minutes until puffed and golden.
 - I like to serve with a blue cheese sauce as well: add blue cheese and some cream to a pan and simmer until it thickens.
 - Arrange salad of sliced pear and salad leaves on one end of the plate and the soufflé on the other, with the blue cheese sauce.

This is a great dinner party dish, as you can prepare it in advance and then just heat it through at the last minute.
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Dean Sincock is head chef at Stonefly Lodge south of Nelson in New Zealand's South Island. Visit www.stoneflylodge.co.nz