

CHEESE SOUFFLE

EQUIPMENT

measuring spoons
small bowl
1/2 c. liquid measure
1 c. dry measure
pan for hot water bath
1 1/2 qt souffle dish
paring knife
oven thermometer

HACCP POINTS

DIRECTIONS

- 1 Make a very thick white sauce of the butter, flour, salt and milk.
- 2 Stir some of the hot white sauce into the slightly beaten egg yolks, then stir egg yolks into the sauce.
- 3 Add grated cheese to the white sauce and stir over hot water until the cheese melts. Cool lightly.
- 4 Beat egg whites to the stiff-peak but still glossy stage and at once combine with the cheese sauce mixture by gently folding.
- 5 Pour souffle into a casserole, filling it not more than two-thirds full (1 1/2 qt. souffle dish).
- 6 Put casserole in pan of hot water. Water should be level with the top of the souffle.
- 7 Bake at 350°F until an inserted knife comes out free from milky fluid (approximately 45 minutes). Serve at once.

INGREDIENTS

2 Tbsp butter or margarine
2 Tbsp all-purpose flour
1/2 tsp salt
1 c. grated sharp cheese (4 oz)
4 eggs, separated
1/2 c. milk