Italian Cheese Puff (Soufflé)

Ingredients:

2T (30mL) margarine or butter.

2T (30mL) flour

½ tsp (2mL) Oregano

¼ tsp (1mL) garlic salt

½ cup (125mL) milk

½ cup (125mL) grated cheddar

3 large eggs, separated

(Parmesan cheese)

Method:

1. Preheat oven to 375°F. Grease casserole dish (2qt is best or use 2 individual 500mL ramekins/souffle dishes). Coat with Parmesan cheese.

2. Melt margarine in saucepan stir in flour and seasonings. Let bubble 1 minute. Remove from heat. Add milk slowly, stirring, until smooth, cook on med heat until the sauce is very thick. (Stir constantly)

3. Remove from heat. Add cheese. Set aside to cool.

4. Beat egg yolks with a fork. Add to the sauce stirring well.

5. Beat egg whites until they hold their shape in a large bowl. Add the sauce all at once and fold the two mixtures together quickly.

6. Pour into casserole. Bake 25 minutes. Serve immediately.