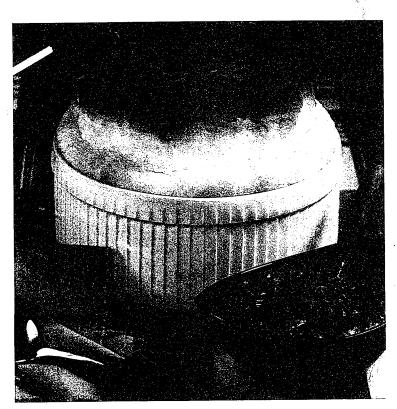
Monday, September 22, 1980

Put Some CHEESE in Your Life





Cheese soufflés are one of the classics in the world of cooking. And they're great for a main dish because of the protein that comes not only from the one or two kinds of cheese, but also from milk and eggs.

Contrary to popular opinion, the souffle is not difficult to prepare. It's made with a thick white sauce to which you add egg yolks, cheese and/or vegetables, fish or meat. Egg whites, stabilized with cream of tartar and beaten to the soft peak shape, are folded in to give the soufflé light and fluffy texture.

Here are some other do's and don'ts for successful souffles. The classic dish is deep with straight sides for the souffle to rise spectacularly. Butter the sides and/or coat with Parmesan cheese to make removal easier.

Mix a small amount of sauce into egg yolks before combining all of it. That allows egg yolks to blend smoothly with the white sauce. When turning the souffle into a baking dish, be gentle so airiness is not lost.

turning the souther into a baking dish, be gentle so anness is not lost. Sauces may be served with the souffle to add yet another dimension to the dining experience. They're designed to complement the main dish in flavor, color and texture. They'll certainly add to the feeling of satisfaction because of their satiety value.

It's an old axiom but a wise one: your guests can wait, but not a soufflé. Have them seated at the table when you take it out of the oven.

CHEESE SOUFFLÉ

6 servings
2 cups (6 oz) shredded Cheddar cheese
1/4 cup grated Parmesan cheese
5 egg yolks, slightly beaten
5 egg whites
1/4 teaspoon cream of tartar

I cop milk Preheat oven to 350°F. Butter a 2-quart soutilé dish or casserole. Sprinkte enough Parmesa cheese in soutilé dish to cost bottom and sides evenly; remove any excess. Melt butter it sancepan bland in four, sait and cosyeme papper. Remover from heat, after sancepan bland in four, sait and cosyeme papper. Remover from heat, after monte de la mecasary, return to low heat to finish melting cheeses. (Do not boil) Bland a little of bott misture inte egg yells; return all to sancepan and blend throughly; est adrés, Best que whites until forby, Add cream of tartar and beat until sott peaks form. Fold cheese sauce int egg whites. Four hos souffle dish. Bake 40 to 45 minutes.

VARIATION: BROCCOLI SOUFFLÉ. After folding in egg whites, fold in one 10-ounce package of frozen chopped broccoli which has been cooked and drained.

1/2 cup chopped green pepper
1/4 cup chopped onion
1/4 cup chopped onion
1/4 cup chopped pinlento-stuffed green olives
1/4 cup chopped pinlento-stuffed green olives
1/4 cup chopped pinlento-stuffed
1 tablaspoons butter
1 can (10 3/4 az.) condensed tomato soup

Sauté green pepper, onion, olives and garlic in butter 5 minutes. Add remaining ingredients; mix well. Cover and simmer 15 minutes. Serve with Cheese Soutilé.

SHRIMP CURRY SAUCE

Dash paprika 1 1/4 cups milk 1 1/2 cups (approx. 12 oz.) cooked chopped shrimp

Melt butter in saucepan; blend in flour and seasonings. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add shrimp, Heat over low heat 10 minutes. Serve with Roccoll Souties.

DOUBLE CHEESE SOUFFLÉ

1 cup cottage cheese 1 package (3 oz.) cream cheese, softened 1/4 cup (1/2 stick) butter

1/3 cup sliced green onion 1/4 cup all purpose flour 1/2 teaspoon salt 1/8 teaspoon pepper

1 cup milk
5 egg yolks, slightly beaten
5 egg whites
14 teaspoon cream of tartar
4 slices bacon, cooked, drained and crumbled

Prohest over to 350°F. Beat cottage cheese and cream cheese in small mixing bowl until almost smooth, about 5 minutes, set aside. Melt butter in saucepan, saudé contournel, and minutes. Ellera in flour and seasonings. Remove from hast, sid in milk, while to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat, Ellera sittle of hot mixture into egg yolks/controllera or the controllera of the controllera or the

SALMON SOUFFLE

up water
leaspoon salt
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o Germing
1/4 teaspoon salt
1/8 teaspoon gallic gowder
Hight expanse pepper
1 com mik
5 egg yolks, slightly beaten
5 egg whites
1/4 teaspoon cream of tartar
1 can (7 3/4 ez) salmon, drained, boned and flaked

1/2 testpoon dry mustard

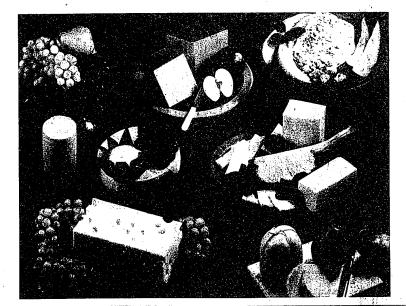
Cembine water and 1/4 tesspoon salt in a small saucepan; bring to boiling. Stir in rice. Cover
and simmer 20 minutes or until all water is absorbed; set aside. Preheat oven to 500°F. Melt
butter in saucepan; saude green peper and green coint multi header, about 3 minutes, Bierd in
flour and sessonings. Remove from beed stil and the still butter in the still been still stoll peaks form. Fold egg yolk mixture, rice and salmon into egg whites. Turn into
2 quant buttered southlif dish, Bake 40 64 st minutes.

SWISS CHEESE SAUCE

Yield: 2 cups

1 1/2 cups m

1 cup (4 oz.) shredded Swiss cheese 2 tablespoons chopped pimiento



For Dessert

Cheese and fruit are a perfectly elegant answer to a no-fuss, no-cook, practically instant dessert. All it takes is for you to set two or three cheeses with several fruits on a platter and serve them.

Not only is this an easy wholesome dessert, but it's also a pretty palette of color that goes with a light or heavy meal. Instead of a regular dessert portion, you can content yourself with a few tidbits of cheese and fruit if dinner's been substantial, or fill up on more if the meal's been light.

Generally, the rule for fruit and cheese is this: the more mild flavored the cheese, the more pronounced can be the fruit flavor. That's why pineapple, for example, is harmonious with Brick cheese. Blue cheese has a distinctive flavor so it goes well with rather mild honeydew melon.

Nut-like Swiss is somewhat dry so it's an excellent choice with juicy, fragrant green grapes. Cheddar cheese and apples have a traditional flavor harmony, but you might like Colby with apples, too.

Those are only suggestions to get you started. This is one place where you can choose your own combosl

- A. Cheddar cheese, apple
- B. Blue cheese, honeydew melon
- B. Provolone cheese, pears E. Swiss cheese, green
- F. Edam cheese, Tokay
- G. Colby cylinder

