

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 soufflé 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 soufflés. The classic dish is deep with straight sides for the soufflé 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 soufflé into a baking dish, be gentle so airiness is not lost.

Sauces may be served with the soufflé 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

1/4 cup (1/2 stick) butter	2 cups (8 oz.) shredded Cheddar cheese
1/4 cup all-purpose flour	1/4 cup grated Parmesan cheese
1/4 teaspoon salt	5 egg yolks, slightly beaten
Dash cayenne pepper	5 egg whites
1 cup milk	1/4 teaspoon cream of tartar

Preheat oven to 350°F. Butter a 2-quart soufflé dish or casserole. Sprinkle enough Parmesan cheese in soufflé dish to coat bottom and sides evenly; remove any excess. Melt butter in saucepan; blend in flour, salt and cayenne pepper. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in cheeses until melted. If necessary, return to low heat to finish melting cheeses. (Do not boil.) Blend a little of hot mixture into egg yolks; return all to saucepan and blend thoroughly; set aside. Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Fold cheese sauce into egg whites. Turn into soufflé 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.

CREOLE SAUCE

Yield: 2 cups

1/2 cup chopped green pepper	1/4 cup milk
1/4 cup chopped onion	1 teaspoon chopped parsley
1/4 cup chopped pimiento-stuffed green olives	1/4 teaspoon paprika
1 clove garlic, crushed	1/2 bay leaf, crushed
2 tablespoons butter	Pinch thyme
1 can (10 3/4 oz.) 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 Soufflé.

SHRIMP CURRY SAUCE

Yield: 2 cups

2 tablespoons butter	Dash paprika
2 tablespoons flour	1 1/4 cups milk
1 teaspoon curry powder	1 1/2 cups (approx. 12 oz.) cooked chopped shrimp
1/2 teaspoon salt	

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 Broccoli Soufflé.

DOUBLE CHEESE SOUFFLÉ

6 servings

1 cup cottage cheese	1/8 teaspoon garlic powder
1 package (3 oz.) cream cheese, softened	1 cup milk
1/4 cup (1/2 stick) butter	5 egg yolks, slightly beaten
1/3 cup sliced green onion	5 egg whites
1/4 cup all-purpose flour	1/4 teaspoon cream of tartar
1/2 teaspoon salt	4 slices bacon, cooked, drained and crumbled
1/8 teaspoon pepper	

Preheat oven 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; sauté onion until tender, about 3 minutes. Blend in flour and seasonings. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Blend a little of hot mixture into egg yolks; return all to saucepan and blend thoroughly; set aside. Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Fold egg yolk mixture and bacon into egg whites. Turn into 2-quart buttered soufflé dish. Bake 40 to 45 minutes.

SALMON SOUFFLÉ

6 servings

3/4 cup water	1/4 teaspoon salt
1/4 teaspoon salt	1/8 teaspoon garlic powder
1/4 cup long grain rice, uncooked	Dash cayenne pepper
1/4 cup (1/2 stick) butter	1 cup milk
1/4 cup finely chopped green pepper	5 egg yolks, slightly beaten
1/4 cup finely chopped green onion	5 egg whites
1/4 cup all-purpose flour	1/4 teaspoon cream of tartar
1 teaspoon dill weed	1 can (7 3/4 oz.) salmon, drained, boned and flaked
1/2 teaspoon dry mustard	

Combine water and 1/4 teaspoon 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 350°F. Melt butter in saucepan; sauté green pepper and green onion until tender, about 3 minutes. Blend in flour and seasonings. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Blend a little of hot mixture into egg yolks; return all to saucepan and blend thoroughly; set aside. Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Fold egg yolk mixture, rice and salmon into egg whites. Turn into 2-quart buttered soufflé dish. Bake 40 to 45 minutes.

SWISS CHEESE SAUCE

Yield: 2 cups

2 tablespoons butter	
2 tablespoons flour	
1 teaspoon Worcestershire sauce	
1/4 teaspoon salt	
Dash pepper	
1 1/2 cups milk	
1 cup (4 oz.) shredded Swiss cheese	
2 tablespoons chopped pimiento	

Melt butter in saucepan; blend in flour, Worcestershire sauce, salt and pepper. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Stir in pimiento; keep warm. Serve with Salmon Soufflé.



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.

These are only suggestions to get you started. This is one place where you can choose your own combos!

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

