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## Elegant Cheese Soufflé

*Makes 4 servings*

### Ingredients

Butter for soufflé dish  
1/4 cup flour  
3/4 tsp baking powder  
1/2 tsp mustard  
1 cup milk  
1 cup shredded sharp cheddar cheese  
(or similar semi-hard cheese)  
3 eggs, separated  
1/4 tsp creme of tartar

### Nutritional info per serving

Calories:	267
Total fat:	17.5g
Cholesterol:	226mg
Sodium:	305.9mg
Total Carbohydrates:	10.1g
Dietary Fiber:	.3g
Protein:	16.7g

### Directions

1. Butter a 1-1/2 quart soufflé dish or casserole dish.
2. Preheat oven to 350°.
3. Combine flour, baking powder and mustard in mixing bowl. Blend in milk. Mix thoroughly, then pour into small saucepan and bring to a low boil, stirring until cheese is completely melted. Remove from heat.
4. In another mixing bowl, beat egg whites with cream of tartar until stiff and fluffy. Set aside.
5. Beat egg yolks till smooth a large mixing bowl. Fold cheese mixture into yolks, then fold egg whites into cheese mixture until well blended.
6. Pour mixture into the prepared baking dish. Set the soufflé in a larger baking dish filled with 1" water. Place in preheated oven and bake 50–60 min. Soufflé should rise above rim of disk, with a fluffy, golden top. A knife inserted halfway between edge and center should come out clean.
7. NOTE: A soufflé may “deflate” within a few minutes, so present immediately. Spoon onto serving plates, allowing soufflé to cool to desired temperature before eating.