

Corn and Cheese Soufflé, Gaylen Racine (Actually his Mother)

This is a recipe my mother used to make me when I was a kid. It was my favourite, and I could eat the whole thing.

Ingredients

3 Tbsp Butter
¼ c Flour
1 ½ Cup Milk
1 Cup Corn (Niblett's or frozen)
1 1/4 C Grated old cheddar cheese
3 Eggs
½ Tsp salt

Recipe

- Separate the yolks from the whites
- Preheat oven to 350 deg
- Heat milk till steamy
- Melt butter over medium heat
- Add flour and stir constantly.
- Cook for 3 minutes but do not brown
- Stir in milk slowly
- Add egg yolks one at a time
- When sauce has thickened, add corn, cheese, and salt.
- Beat egg whites at high speed until stiff peaks form; fold into souffle mixture.
- Pour into ceramic casserole
- Place casserole in pan of water in the oven
- Cook 30-40 minutes

This does not keep, so eat it all up.

Note: The corn is essential. Even if you are from Ireland, put it in. Use sweet corn, not the stuff you feed pigs.

