

Quick as a Wink Salmon Souffle

Forecast Mag. Oct 70

$\frac{1}{4}$ C. butter or marg.

$\frac{1}{4}$ C flour

1 C hot milk

7 $\frac{3}{4}$ oz. can salmon

3 egg whites, stiffly beaten

1 lb grated onion

$\frac{1}{4}$ t. salt

$\frac{1}{8}$ t. pepper

1 C. grated Cheddar Cheese

Melt butter, stir in flour + cook till smooth.

Add milk and stir vigorously over med. heat until sauce is smooth and thickened. Stir

in onions, salt, pepper, + cheese. Cook, stirring,
until cheese is melted. Add egg yolks + stir
over low + heat for 3 min. Remove, stir
in salmon liquid + cool slightly. Flake
+ stir in salmon. Generously butter 8"
pie plate. Place in 400 oven till butter
sizzles. Fold eggs whites into salmon
mixture + pour into hot plate. Bake in preheated
oven 15 min ~~or~~ until delicately browned. Double fills
(Serves 2-3) 3 8"