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Quick As a Wink Salmon Souffle

1/4 c. butter or marg.

1/4 c. flour

1 c. hot milk

7 3/4 oz. can salmon ^{whole thing}

3 egg yolks, slightly

3 egg whites, stiffly ^{beaten}

1 lb. grated onion

1/4 t. salt

1/8 t. pepper

1 c. Grated Cheddar Cheese

Melt butter, stir in flour & cook till smooth. Add

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

Stir in onion, 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 til butter sizzles. Fold egg
whites into salmon mixture & pour into
hot plate. Bake in preheated oven 15 min
or until delicately browned.
doubled bills 3 8" Serves 2-3.