

Spinach Soufflé
Betty Crocker's Cookbook
Golden Press New York
Western Published Co., Inc.
Tenth Printing, 1971

Servings: 4 to 6

1-pound fresh spinach or Swiss chard*
¼ cup butter*
¼ cup all-purpose flour
¼ tea. Salt
1/8 tea. Fresh ground pepper
1 cup milk
1 tea. Minced onion*
1 tea. Salt
1/8 tea. Nutmeg
3 eggs, separated
¾ tea. Cream of tartar

Prepare and cook spinach or Swiss chard. (I used fresh spinach that I cooked in a shallow skillet with ¼ cup or so of water.) Chop and drain thoroughly.

Heat oven to 350°. Butter 1-1/2 -quart soufflé dish or casserole. Melt butter in saucepan over low heat. Add onion and cook until softened. Blend in flour, ¼ tea salt and pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Stir in 1 teaspoon salt and the nutmeg.

In large mixer bowl, beat egg whites and cream of tartar until stiff; set aside. In a smaller mixer bowl, beat egg yolks until very thick and lemon colored; stir into white sauce mixture. Stir in spinach. Stir about ¼ egg whites into sauce mixture, *gently fold* into remaining egg whites.

Carefully pour into casserole. Set casserole in pan of water (1-inch deep). Bake 50 to 60 minutes or until puffed and golden and until a silver knife inserted halfway between edge and center comes out clean. Serve immediately.

*I substituted fresh onion. As this recipe is from a very old book, they called for butter or margarine. However, I feel more people these days use butter more.

Cheddar Cheese Sauce

Yield: 1 cup

2 tablespoons butter*
2 tablespoons flour
¼ teaspoon salt

1/8 tea. Pepper

1 cup milk

Melt butter in saucepan over low heat. Blend in flour, salt and pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in ¼ teaspoon dry mustard and ½ cup of shredded cheddar cheese. Lower heat, stirring constantly until cheese is melted and sauce is smooth.