

# CHEESE SOUFFLÉ WITH STRAWBERRY SAUCE

Makes 10-12 servings and 1 ½ quarts sauce



## Ingredients:

- ¾ cup margarine
- 1 ½ cups flour
- ¾ cup cold water
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¾ cup whole dry milk
- 2 cups water
- 3 ½ grated sharp cheddar cheese
- 2 Tablespoons baking powder
- 12 egg yolks, slightly beaten
- 12 egg whites

## Instructions:

1. Melt margarine. Add flour and stir together to make a roux. Cook roux for five minutes.
2. Add ¾ cup cold water. Stir and cook until smooth, approximately 10 minutes.
3. Add salt and cayenne pepper; mix. Combine dry milk with 2 cups water, and add to above mixture.
4. Cook mixture until thick and smooth, about 20 minutes.
5. Stir in grated cheese, cooking until cheese is melted and mixture is smooth. Keep in refrigerator for one hour to cool.
6. Beat 12 egg whites until stiff.
7. Mix 12 egg yolks and baking powder into cooled cheese mixture. Fold egg whites in with as few movements as possible. Pour mixture into a lightly greased 8" x 8" pan or soufflé pan.
8. Place soufflé pan into a larger pan with ½ inch water in it. Put both pans in the oven. Bake at 350°F for 50-60 minutes.

## STRAWBERRY SAUCE

### Ingredients:

- 3 pounds strawberries, frozen
- 1 ½ Tablespoons lemon juice
- 1 ½ cups water
- ⅓ cup cornstarch
- ⅔ sugar
- 1 ½ Tablespoons margarine

### Instructions:

1. Thaw and drain strawberries, saving the juice. Combine strawberry juice, lemon juice and water.
2. Combine cornstarch with sugar.
3. Add enough juice mixture to cornstarch mixture to make a pouring paste.
4. In a heavy sauce pan, heat remaining juice mixture to a boil and stir in paste.
5. Stirring often, boil mixture gently 3-5 minutes until it begins to thicken. Remove from heat.
6. Stir in margarine and strawberries. Stir until margarine has completely dissolved.

Recipe courtesy of Eat at State, Michigan State University

