

Ingredients:

- * 150 g Farina 00
- * 50 g Burro
- * 500 ml Latte
- * 150 g Groviera grattugiata
- * 40 g Parmigiano grattugiato
- * 3 Uova
- * Pane grattugiato
- * Burro
- * Sale

Steps:

1. Preheat the oven to 180°C (356°F).
2. In a non-sticking pan, melt the butter over low heat.
3. Add the flour and mix continuously with a whisk to prevent lumps from forming.
4. Gradually add the milk, mixing continuously until a smooth paste forms.
5. Bring the mixture to a boil over medium heat, stirring constantly.
6. Remove the mixture from the heat, season with salt and pepper, and add the grated cheese and breadcrumbs.
7. Mix well until the cheese is melted and the mixture is well combined.
8. Let cool slightly, one at a time, stir in the egg yolks, and finally add the egg whites, gently folding them in.
9. Grease 4 small ramekins and dust with breadcrumbs.
10. Spoon the mixture evenly into the ramekins, filling them almost to the top.
11. Place the ramekins on a baking sheet and bake for 10 minutes.
12. The timbales should be puffed up and golden brown.
13. Remove the timbales from the oven and let them rest for 2 minutes.
14. Serve the timbales immediately.