Cheese Souffle (mom’s recipe)

Ingredients:

¼ C butter

¼ C flour

½ tsp salt

1 C milk

1 C grated cheese

4 eggs, separated

Instructions:

1. Preheat oven to 300 degrees
2. Make white sauce with butter, flour, salt and milk, by mixing together well and cooking over low heat while stirring constantly until it thickens (around 5 min)
3. Once thickened, add grated cheese and stir until melted. Remove from heat.
4. In mixing bowl, beat egg whites to stiff peaks
5. In separate bowl, beat egg yolks until thick and lemon colored. Then gradually add to cheese sauce, while stirring, until well blended.
6. Gradually fold in egg whites, and then pour into ungreased baking dish (1.5 qt)
7. Bake for 1 ¼ hours at 300 or until knife inserted off center comes out clean