

Macaroni-Cheese Puff

$\frac{1}{2}$	Cup dried elbow macaroni
1 $\frac{1}{2}$	Cups milk
6oz = 1 slice	Sharp process American cheese slices torn
3	Tablespoons margarine or butter
3	Egg yolks
1	Cup soft bread crumbs (후스트기에 곱는다)
$\frac{1}{4}$	Cup diced pimienta
1	Tablespoon snipped fresh parsley
1	Tablespoon finely chopped onion
3	Egg whites
$\frac{1}{4}$	Teaspoon cream of tartar

Cook macaroni according to package directions. Drain; set aside.

Meanwhile, in large sauce pan combine the milk, cheese, and margarine or butter. Cook and stir over low heat until cheese is melted. Remove from heat. In a small bowl beat the egg yolks. Stir about $\frac{1}{2}$ cup of the hot cheese mixture into the egg yolks. Pour egg yolk mixture into sauce pan, stirring to combine. Add the drained macaroni, bread crumbs, pimienta, parsley, and onion. Set aside.

Beat egg whites and cream of tartar until stiff peaks form (tips stand straight). Gently fold into macaroni mixture. Pour mixture into ungreased $1\frac{1}{2}$ -quart soufflé dish. Bake in a 325 degree oven for 50 minutes. Serve immediately. Serves 6.

• 라카르니 끓는물에 삶아낸다.

• 냄비에 치즈, 우유, 버터 넣어 끓인다. (보이)

• 볼에 계란 노른자와 Mix 해서 냄비에 끓인 치즈 $\frac{1}{2}$ cup 노른자에 넣는다. 잘 섞는다.

• 계란 섞은것 다시 냄비에 부어 넣는다.

• 볼에 흰자계란이랑 tartar 넣어 Mix (high로 Mix) → 안정한거부터 시작.

• 큰볼에 냄비에 끓인것 다시 넣는다. 여기에 파슬리, diced pimienta, 양파, 빵 crumbs 넣는다.

• 큰볼에 계란흰자거품 만들기 섞는다. ^{고무줄처럼} ~~고무줄처럼~~ Mix.

• 유리잔사각 편에 부어 ~~높은~~ 고무줄처럼 잘 섞어준다.

• oven에 넣는다.