

## Salmon Soufflé

New York Times Cook Book

P: 105

Serves: 3

- 3 tablespoons butter
- 3 tablespoons flour
- 1-cup milk
- 4 eggs, separated
- 2 egg whites
- Salt, dry mustard and Worcestershire sauce to taste
- 1 cup cooked salmon (HdeH can of salmon)



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Photography: Henri T. de Hahn

1. Preheat the oven to 375F
2. Melt the butter in a saucepan, stir in flour and blend with a wire whisk. Meanwhile, bring the milk to a boil and add all at once to the butter-flour mixture, stirring with the whisk until thickened and smooth. Cool the mixture.
3. Beat in, 1 at a time, the 4 egg yolks, and cook briefly, stirring constantly with a whisk. Season with salt, mustard and Worcestershire.
4. Flake the salmon and blend well into the white sauce and egg mixture.
5. Using a rotary beater or an electric mixer beat the 6 egg whites until they stand in peaks. Do not overbeat. Fold the whites gently into the salmon mixture with a rubber spatula or wooden spoon, being careful not to over blend.
6. Pour into a buttered 2-quart soufflé dish, place in oven and bake 30-40 minutes (HdeH added 8 more minutes). Serve with hollandaise sauce, if desired (HdeH Lingberry sauce).