

Using a wide spatula, lift from frozen soufflé from its container. Place 1 soufflé in each foil-lined cradle. Replace frozen soufflé on top. Bake in a preheated oven at 400° according to directions on soufflé package. Note our temperature is higher than on packages. Serves 6 as a hot appetizer or 4 for supper or luncheon.

SOUFFLÉ VON ROSTENBURG

This soufflé may also be made in one dish but it takes longer to cook—about 40 minutes at 375°.

2 very fresh, large eggs
2 (10-oz.) frozen spinach soufflé, thawed
1 (10- or 12-oz.) frozen cheese soufflé, thawed

Lightly grease 6 (4-oz.) individual frozen soufflé dishes or 6 (5-oz.) individual custard cups. Set aside.

Poach 6 eggs in traditional egg poacher; or if you are using a shallow skillet, poach 2 at a time. Poach lightly until whites are firm and yolks have just set. Drain on linen or paper towels. Trim eggs, using a cookie cutter or scissors so they just fit in soufflé dishes.

Lightly mark 1 (10-oz.) frozen spinach soufflé, thawed, and 1 (10- or 12-oz.) frozen cheese soufflé, thawed, into 6 even portions. Place 1 portion of the spinach soufflé into each individual dish. Top the spinach with 1 poached

egg for each egg custard. Top with 1 portion (10- or 12-oz.) frozen cheese soufflé, thawed, at 425° for 20 minutes until cheese is set and lightly browned (note that our temperature is higher than one given on packages). Serves 6.

2 (10-oz.) pkgs. frozen chopped broccoli, thawed and very well drained

1/4 tsp. nutmeg
1/4 tsp. pepper
5 egg whites
1/8 tsp. cream of tartar
1/8 tsp. salt

In a large saucepan melt 1/4 cup butter or margarine. Off heat stir in 1/3 cup

40 minutes or until a cake tester inserted from the side to the center comes out clean. Serve as vegetable for 6.

VARIATIONS ON BASIC SAVORY S

Instead of broccoli you may use any puréed cooked vegetable, seafood, cheese, tongue, or what you like.

BASIC VANILLA SOUFFLÉ

1/4 cup butter or margarine
1/2 cup unsifted flour
1/2 cup milk
1/2 cup sugar
4 egg yolks
2 tsp. vanilla extract
4 egg whites
1/8 tsp. cream of tartar
1/8 tsp. salt
1 Tb. sugar (more)

In a large saucepan melt 1/4 cup butter or margarine. Off heat, stir in 1/2 cup unsifted flour and cook 30 seconds without browning. Off heat gradually stir in 1/2 cup milk and 1/2 cup sugar. Return to heat and bring to a boil, stirring constantly. The milk mixture will form a very thick batter. Leave the sides of the saucepan.

Remove from heat. Beat 4 egg yolks, one at a time, into mixture. Beat very well between each addition. Beat in 2 teaspoons vanilla extract. Let cool slightly, stirring occasionally.

Meanwhile in a large clean bowl combine 4 egg whites with 1/8 teaspoon each cream of tartar and salt. Beat on high speed until stiff peaks form. Sprinkle with additional 1 tablespoon sugar.

Continue to beat until egg whites are very stiff but not "dry." Fold into cooled mixture. Pour gently into prepared 1 1/2-quart soufflé dish. Bake at 375° for 40 minutes or until a cake tester inserted from side to the center comes out clean. Serve as vegetable with Custard Sauce. Make up 1 (3 3/8-oz.)

pkg. vanilla pudding and pie filling according to label directions using 1 cup milk. Off heat, stir in 2 to 4 tablespoons kirsch, cognac or other liqueur. Serves 6.

BASIC DESSERT SOUFFLÉ VARIATION

Bittersweet chocolate soufflé: add 1 (1-oz.) envelope no-melt unsweetened chocolate. Omit vanilla.
Lemon soufflé: Instead of vanilla, use 1/2 cup fresh lemon juice and 2 tablespoons



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SOUFFLÉ
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1 tsp. Worcestershire sauce
1/4 tsp. pepper
1/8 tsp. salt
5 egg yolks
1 (10 3/4-oz.) can Cheddar cheese soup
1/4 cup grated Cheddar cheese
1/4 cup grated Swiss cheese
5 egg whites
1/8 tsp. cream of tartar
1/8 tsp. salt

and 1 (10 3/4-oz.) can Cheddar cheese soup. Over low heat, stir until mixture is thickened and comes to a gentle simmer. Remove from heat and stir in 1/4 cup each grated Cheddar and Swiss cheese. Cool about 5 to 10 minutes.

In a large clean bowl combine 5 egg whites and 1/8 teaspoon each cream of tartar and salt. Beat at high speed until egg whites form stiff firm peaks. Fold into cooled cheese mixture. Pour gently into lined soufflé dish. Bake at

unsifted flour. Cook 30 seconds without browning. Off heat again, gradually stir in 3/4 cup milk. Bring to a boil, stirring constantly. The mixture will form a very thick batter and leave the sides of the pan. Remove from heat. Beat in 4 egg yolks, one at a time. Beat very well between each addition. Stir in 2 (10-oz.) pkgs. frozen chopped broccoli, thawed and very well drained, 1 teaspoon salt, 1/2 teaspoon grated lemon rind, 1/4 teaspoon nutmeg and 1/4 teaspoon pepper. Let cool slightly, stirring occasionally.