

Smoked Salmon Souffle

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*4 to 5 ounces (about one
cup) cooked smoked
salmon
1 tablespoon flour
3 eggs, separated
2 tablespoons butter
1 cup milk
1 teaspoon chopped chives
2 teaspoons lemon juice
dash black pepper*

Mash the salmon with a fork.

In a saucepan, melt the butter. Add the flour.
Blend. Gradually add the milk.

Stir until the sauce is slightly thickened.

Add the salmon, salt, pepper and chives.

Remove from the heat.

Per Serving (excluding unknown items): 606 Calories; 46g Fat (68.6% calories from fat); 28g Protein; 19g Carbohydrate; trace Dietary Fiber; 731mg Cholesterol; 564mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Non-Fat Milk; 7 1/2 Fat.