

Soufflé Arnold Bennett



- 450g Smoked Haddock
- 300ml Milk
- 25g Butter
- 25g Flour
- Bunch (cup) chopped fresh chives or parsley (English or Italian)
- 175g mature cheddar
- 6 eggs

- Put the haddock into a saucepan, cover with the milk and bring to the boil.
- Simmer for 3 mins and then strain off the milk (but keep this).
- Put the haddock into a bowl and remove any skin or bones and then flake the flesh roughly.
- Melt the butter on a gentle heat and then stir in the flour. Add the milk in which you cooked the haddock and make the roux.
- Add the chives and the cheddar and then take off the heat.
- Separate the eggs and stir the yolks into the cooled cheese sauce.
- Beat the whites until they are very thick and shiny.
- Fold in the whites and then spoon this into the **HOT** buttered soufflé dish.
- Have the oven set at 175C and cook the soufflé at this temperature for 25 to 30 mins. It should rise well and be quite brown at the top.

Modified and simplified by Gez, originally from:

<http://martindwyer.com/m/recipes/recipe.php?f=002502.html>