
Chicken Souffle`

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 4

1 to 1-1/2 cups finely chopped or diced cooked chicken

6 thin slices bread, crust removed

3 thick slices Old Cheddar cheese

1 3/4 cups milk

3 eggs, slightly beaten

1/2 teaspoon dry mustard

salt (to taste)

pepper (to taste)

1/2 cup grated Parmesan cheese

paprika

1/4 teaspoon marjoram or basil

Place three slices of the bread into a buttered 8x8-inch glass baking dish. Cover with the slices of cheese. Sprinkle diced chicken over the cheese. Top with the remaining slices of bread.

In a bowl, beat together the milk, eggs, mustard, marjoram, salt and pepper. Pour over the bread layers. Dust the top with paprika.

Cover with waxed paper and let stand for three to four hours before baking. (Or refrigerate overnight, but bring to room temperature for one hour before baking.)

Preheat the oven to 325 degrees.

Sprinkle Parmesan cheese over the top of the casserole.

Bake for 45 minutes or until lightly browned and puffy.

Per Serving (excluding unknown items): 268 Calories; 12g Fat (39.9% calories from fat); 15g Protein; 24g Carbohydrate; 1g Dietary Fiber; 182mg Cholesterol; 493mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.