

Amy's Cheese Pouf

Amy's wonderful Cheese Pouf is quick and easy to make. Usually dishes this good take a lot of preparation but not so in this case. Bon appétit.

The recipe...

8 slices (or equivalent, as measured by supermarket size bread) white or light whole grain bread;
I sometimes make pouf with party rye.

8 oz. White extra sharp cheddar
(I use Cracker Barrel made with 2% milk)

3 large eggs

1/2 tsp. Salt

1/2 tsp. Cayenne pepper

1 tsp. Herbs de Provence

3/4 tsp. Dry mustard

2 cups milk (I do not like soy or rice as well in this;
use your favorite milk)

At least 4 hours before serving time or, preferably the day before, cut bread into quarters. Cut cheese into thin slices. In a greased shallow 8x8 inch baking pan, alternate layers of bread and cheese, beginning with bread on the bottom. The top doesn't have to be even, as it makes an interesting look, no matter how you end it. In a bowl, beat eggs well and add rest of ingredients, mixing well. Slowly pour over bread/cheese layers. The liquid mixture should "just about cover" the bread/cheese. Cover with foil and refrigerate. One hour before serving time, put covered casserole into a 350° oven. Bake for 30 minutes. Uncover. Bake for 30 minutes more, until top is puffed (poufed) and golden brown. YUM!!

Amy Shuman has been an open-minded registered dietitian in the Cumberland, Maryland area for over 25 years. She enjoys helping others with wellness, nutrition and herb information at her home, The Shuman Life Center. She and her husband, John, may be reached by e-mailing: jashuman@charter.net or phoning 301-777-3719.



Photo by: Lance C. Bell

John and Amy Shuman with freshly made Pouf and John's specialty – fresh, hot homemade bread. The bread was whole grain with black walnuts and other goodies. Since I was there to shoot the picture, it was only natural for me to have a sampling. It was scrumptious. – Lance C. Bell

