



Melita Station inn
~ THE ENGLISH Bed & Breakfast Experience
in Sonoma Wine Country

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EGG and CHEESE TIMBALES

For the sauce base:

1 ½ ounce butter
1 ½ ounce all-purpose flour
1 ½ cup milk
Chicken stock powder
Lea & Perrins Worcestershire sauce
English powdered mustard to taste
2 heaped tablesp. chopped parsley
1 green onion OR 1 tablesp chopped chives

Melt the butter in a non-stick pan over medium heat until the butter is hot but NOT browned.
Stir in the flour and mix well to a stiff paste without browning
Add the milk whilst stirring continuously with a wooden or plastic spoon to avoid lumps forming
Allow to cook for 2 minutes until the sauce is smooth and glossy, then remove from the heat.
Add stock/Worcester sauce/ mustard and may be salt/pepper, beat to mix in well.

For the Timbales:

¾ cup of the sauce base made as above, that is warm enough to melt the cheese.
1 cup of grated Mexican mix cheese or similar
2 eggs

Add cheese to hot sauce making sure cheese melts.
Beat eggs in a bowl and gradually beat into the sauce.
Well grease four small soufflé dishes with butter and divide the mixture equally between them.
Bake at 325 F in a “bain marie” (a shallow pan filled with about 1 inch of warm water. Do not allow water to boil. Avoid this by dropping an ice cube in from time to time) for 30 minutes until the timbales are well puffed and firm to touch.
Or place in a tiered steamer over rapidly boiling water for 20 minutes (these will be softer in texture but set).

For the Sauce:

Finely chop onion with chopped parsley, add to the remainder of the sauce base and lengthen with milk or cream to make a pouring sauce to garnish. Simmer v. gently for 1 - 2 mins

When timbales are ready, (from either method of cooking) remove, and by running a knife round the edge turn them out onto plate. Garnish with the sauce and a sprig of parsley. They are good served with grilled half tomato(es) or stuffed tomatoes.