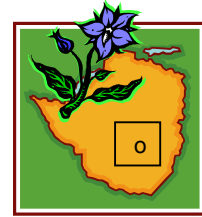




GUTU CHEESE SOUFFLÉ

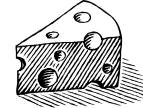
(Serves 6 as starter or 4 as Main course)



INGREDIENTS:



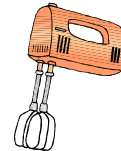
- 60 grams butter or margarine
- 60 grams flour
- 250 ml milk
- ½ Onion Stock tablet
- 5 ml prepared mustard
- 3 ml Worcestershire sauce
- 115 gram mature cheddar cheese (grated)
- 4 Eggs (separated)
- Salt and pepper to taste



PREPARATION:



- 1 Melt butter or margarine.
- 2 Stir in flour and cook for 1 minute.
- 3 Gradually stir in milk, cook and stir until mixture thickens.
- 4 Crumble in onion stock tablet. Cook and stir until table is dissolved and mixture is thick.
- 5 Remove from heat.
- 6 Stir in mustard, salt and pepper, Worcestershire sauce and cheese.
- 7 Gradually stir in egg yolks,
- 8 Beat egg whites until stiff and lightly fold into cheese mixture.
- 9 Transfer to well-greased, straight-sided ovenproof dish.
- 10 Bake at 190° C for 45 minute or until soufflé is well risen and golden.
- 11 Remove from oven and serve at once.



HISTORICAL PLACES

Essexvale (Esigodini) The town is situated 37 km from Bulawayo by road and 47 km by rail on the Bulawayo-West Nicholson line. The area around Essexvale was, prior to the Matabele occupation, inhabited by the Rozi Moyo people, who had migrated from the territory around Gwanda and Belingwe. The township was founded in 1894 and originally consisted of an estate of nearly 200,000 acres. Frederic Courtney Selous, who was contracted to guide the pioneer column to Mashonaland, had an interest in the Company owning the estate, but left the country after fulfilling his contract. He returned in 1895, and took up residence on the estate. During the Matabeleland Rebellion of 1896, Selous left the estate and assisted in quashing the rising, but during his absence the house was burnt down by Inxnogan, of the rebellious Matabele indunas. The area contains two gold belts on which there were several mines, the largest of which was the Bushtick. The main gold belt originates in the Filabusi district and runs through the estate in a northerly direction. The other, branches off near Balla Balla peak and runs west, terminating in the granites of the Bulalima district. Tungsten is also found in the area. The grass of the district, which was known as Godhlwayo is of an excellent quality, and the area supported large herds of Lobengula's cattle. The area consisted of farms and ranches, and the countryside has very little natural timber. The area is well watered - nearly every farm having a perennial stream. The farms of the district are situated on a high plateau south of the Shashi River. Other rivers rising in the vicinity are the Devuli, Popotekwe, Mtekwé and Umshagashi