

# Lincolnwood Jewish Congregation AG Beth Israel Bulletin

## עַם יִשְׂרָאֵל חַי



### Rabbi Meyers' Message

I'll be honest, as I sat down to write this article, I had no idea what I was going to write. I wasn't sure what May-June message was particularly relevant this year. The month of May includes Pesach Sheni, Lag B'Omer, Yom Yerushalayim and Shavuot. And while June does take us into the month of Tammuz, it ends a few days before the fast of the 17th of Tammuz. There was no clear unifying theme that jumped out at me. And quite literally, even as I continued to type these very words, I still wasn't sure where the pen was taking me.

But one thing I did know was that if I didn't write something, Larry Miller wouldn't be happy, and for good reason. I was already three days late in submitting my article for the bulletin. And so there I was, click, clack, click, clack, banging away on the keyboard, hoping, praying that somehow I might receive some inspiration about what I wanted to share with you, the select few who read my collection of words and reflections every two months. But as I kept typing and deleting, typing and deleting, and the frustration kept building, I had a stark realization: the inspiration wasn't going to come.

For whatever reason, the creative wells inside my head had run dry. Maybe it had something to do with the fact that I was still internally depleted post-Pesach. Or that I already felt the stress of trying to figure out and plan Shavuot programming for this year. Whatever the reason, I recognized that I was in a dry spell, and there weren't going to be any waters of inspiration flowing at that moment.

*Rabbi Meyers' Message—continued on page 4*

May-June 2026 Issue 3

#### Inside this issue

Rabbi's Message	1,4
President's Perspective	2
Announcements	3
Calendar of Events	5
Schedule of Services	6,7

Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD זצ"ל

#### LJCAGBI Bulletin

Published bi-monthly  
(6-7 issues per year)

Lincolnwood Jewish Congregation  
A.G. Beth Israel  
7117 North Crawford Ave.  
Lincolnwood, Illinois 60712  
Phone: 847.676.0491  
[www.ljcagbi.org](http://www.ljcagbi.org)

## President's Perspective

We have celebrated our Passover once again, survived a week without Rocket Slice pizza (or whatever your go-to chamets might be), and have embarked on counting the Omer. (When I was in NYC and went to Congregation Shearith Israel, they referred to “counting the Homer.” This is amusing to some of us.)



The Omer - we count from Day 1, the second night of Passover, the second Seder here in Diaspora. And each day, we increase the count by one day. Here in the Western World, I think we are used to the idea of a countdown. Something exciting is coming, we count down the days. It's New Years Eve, we count down the last 10 seconds to the new year. But here we are, counting 7 weeks; 50 days according to the Torah, counting to Chag haShavuot, Zman Matan Torateinu. Very exciting! So why are we counting up instead of counting down?

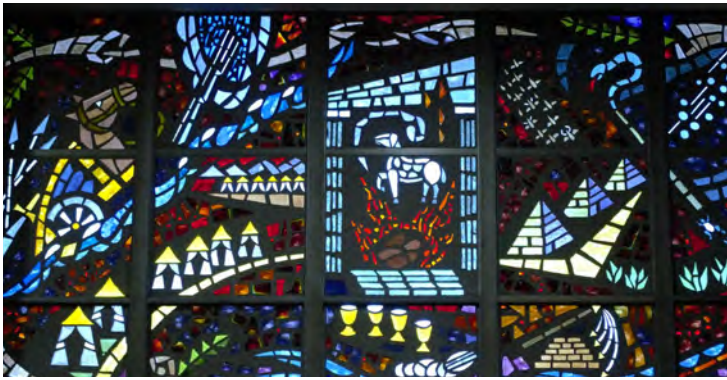
Here are two ways of looking at it that speak to our approach to life as Jews. First, there is the well known principle that we increase in holiness, we don't decrease. We see this illustrated with the Hanukkah lights, and the difference between Beit Shammai and Beit Hillel. So we count up to receive the Torah, we don't count down.

A second approach is an observation. Counting up, or forward, speaks to moving forward in life and in time. Passover was a wonderful holiday, and now we look forward to the next one. More importantly, if we focus too much on the past, we can get tripped up by mistakes we have made, or decisions we made before learning about some of the mitzvot. If we focus on those elements of the past it can be very discouraging, and prevent us from allowing ourselves to change and improve. We count up, we face forward. We remember our past, but we don't let it prevent us from improving every day, as we count our way forward to Sinai. And with each step we take forward, we take one more action to bring Mashiach.

Come see us at shul - every day, every week! We will celebrate, learn, and pray together.

Daniel Gutstein  
*President*





**Refuah Shelema**

- Bobbie Fink
- Yael Groner
- Berta Kalman
- Harriet Snyder
- Edith Sokol

**Condolences to the family of:**

- Shirley Derdiger
- Nathan Birnberg

**Announcements**

**Mazal Tov**


To Rabbi Hillel & Faye Meyers on the birth of a grandson

I deeply appreciate the calls, cards, shiva calls and meals provided during the shiva for my brother Nathan Norman Birnberg. I also appreciated the Maariv Minyan held at my home. Rabbi Meyers was incredibly supportive during that difficult time. Thank you to my shul community.  
 Renee Silberman

**SUMMER SHABBAT  
 AFTERNOON  
 GEMARA SHIUR**

JOIN US FOR A GEMARA SHIUR  
 30 MINUTES BEFORE SHABBAT  
 AFTERNOON MINCHA

SHABBAT  
 MAY 2, 16, 23, 30  
 JUNE 13, 20, 27




מגילת רות  
 Book of Ruth

**CHASSIDIS**

AT

**SHALASHIDIS**

ENLIGHTEN YOUR SOUL  
 WITH TORAS CHASSIDUS

SHABBOS AFTERNOONS  
 @ SHALOSHEUDIS

FOR MEN & WOMEN



But as I sat there, wallowing in the disappointment of that very deflating realization, it suddenly dawned on me: maybe it was okay to not be inspired. Maybe it was okay to sit there and not have the words or ideas come easily. Maybe it was okay to feel like I was forcing it a little bit (or a lot a bit...). Because the reality is that not every moment, not every day, and not every time that we sit down to do something meaningful or important will we be infused with that feeling of excitement or clarity that we might hope for. Rather, much of life feels like I did right then; a little tired, a little distracted, a little stressed, thinking about everything else going on, and still trying to show up and be as present and consistent as possible.

And as I continued to type, I realized that maybe this itself was the message. (Don't get too excited, I hadn't suddenly found some incredible idea that tied together Pesach Sheni and Lag B'Omer and Yom Yerushalayim, Shavuot and the month of Tammuz.) Rather, life doesn't always provide us with a clean, perfect ribbon that wraps everything together in a neat bow. Sometimes we have stretches of moments, days, weeks, months, or even years that don't necessarily feel clearly connected or fully inspired. Yet we know deep down, in our kishkes, that they are connected, both horizontally and vertically. They and we are part of something bigger, and we are tasked with marching onward, even when it's challenging and even when we know the end result won't be perfect.

Pesach Sheni was for the people who couldn't make Pesach happen the first time around in Nisan. But they stuck with it, tried again, and were given a limited makeup opportunity, a consolation prize of sorts.

Lag B'Omer commemorates the great sage Rabbi Akiva, who, after losing 24,000 students, somehow didn't lose hope and started again with just five.

Yom Yerushalayim celebrates the unification of Jerusalem, our holiest city (even though we still lack full sovereignty over the Temple Mount). And even that only came after we spent almost 20 years, from 1948 to 1967, without access to the entire Old City.

And Shavuot, or more accurately the count up to Shavuot (aka Sefirat HaOmer), which should have been days of immense excitement, getting ready to receive the Torah, but are instead marred by the mourning which we observe for much of it.

All of these days and experiences are built on the fact that we as a nation have always shown up, even when things weren't perfect or complete; even when it wasn't going to lead to a storybook ending.

And maybe that's something we don't talk about enough. Because we, myself included, like to focus on the highlights, the moments where everything feels meaningful and clear. But the truth is that most of what we accomplish, and most of who we become as Jews, as parents, as spouses, as friends, as people is shaped in those less clear moments. The times when we're a little worn out, the times when we're already thinking ahead and feeling the pressure of what's coming next, the times when we don't feel especially inspired, but we keep going anyway.

So no, this article didn't start with a clear idea, and it didn't suddenly turn into something perfectly structured and inspired halfway through.

But maybe that's precisely the point: that even when it feels like the well is a little dry, there is still value in being present. Present for G-d. Present for our community. Present for our families. Present for ourselves. Because that's real life and that's where real growth happens.

---

### ***Your presence is greatly needed: please attend***

Lincolnwood Jewish Congregation A G Beth Israel, our Shul, has always maintained two daily minyanim for Shacharit and for Mincha/Maariv (or just Maariv during the winter months). It continues to be difficult to guarantee that 10 men will be present for davening. **Your help is urgently needed to ensure that a full minyan is present for everyone, especially those who have Yahrzeit or are in their year of mourning. Please attend whenever you are able.**

## May-June 2026 Calendar of Events

Monday, May 1	Pesach Sheini
Tuesday, May 5	Lag BaOmer
Friday, May 15	Yom Yerushalayim
Sunday, May 17	Rosh Chodesh Sivan
Friday, May 22	Shavuot- Day 1
Saturday, May 23	Shavuot- Day 2
Monday, May 25	Memorial Day
Monday, June 15	Rosh Chodesh Tammuz- Day 1
Tuesday, June 16	Rosh Chodesh Tammuz- Day 2

Please note that this bulletin is online at [www.ljcagbi.org](http://www.ljcagbi.org)  
 To print calendars, flyers or order forms, go to the bulletin page needed, and print the page(s) you would like. Perfect for refrigerator door decor.



*Monthly*  
**Ladies Shiur**  
*w/ Rabbi Meyers*

AFTER KIDDUSH,  
*Shabbat Mornings*

  
**PARSHAT NASO**  
**MAY 30TH**

  
**PARSHAT KORACH**  
**JUNE 20TH**

♥ Contact the Shul office to sponsor a week  
*in memory of a loved one.* ♥



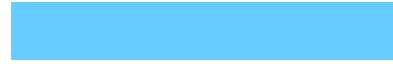
## Schedule for Services &

<b>MAY 2026/IYAR-SIVAN 5786</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
<b>KEY:</b> S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H – Havdalah					<b>1</b> <b>PESACH SHEINI</b> S: 7:00am CL: 7:31pm M/M: 7:00pm	<b>2</b> <b>EMOR</b> S: 9:15am M/M: 7:25pm H: 8:32pm
<b>3</b> S: 8:30am M/M: 7:40pm	<b>4</b> S: 7:00am M/M: 7:40pm	<b>5</b> <b>LAG B'OMER</b> S: 7:00am M/M: 7:40pm	<b>6</b> S: 7:00am M/M: 7:40pm	<b>7</b> S: 7:00am M/M: 7:40pm	<b>8</b> S: 7:00am CL: 7:39pm M/M: 7:00pm	<b>9</b> <b>BEHAR- BECHUKOTAI</b> S: 9:15am M/M: 7:35pm H: 8:40pm
<b>10</b> S: 8:30 am M/M: 7:45pm	<b>11</b> S: 7:00am M/M: 7:45pm	<b>12</b> S :7:00am M/M: 7:45pm	<b>13</b> S: 7:00am M/M: 7:45pm	<b>14</b> S: 7:00am M/M: 7:45pm	<b>15</b> <b>YOM YERUSHALAYIM</b> S: 7:00am CL: 7:46pm M/M: 7:00pm	<b>16</b> <b>BAMIDBAR</b> S: 9:15am M/M: 7:40pm H: 8:47pm
<b>17</b> <b>ROSH CHODESH SIVAN</b> S: 8:30am M/M: 7:55pm	<b>18</b> S: 7:00am M/M: 7:55pm	<b>19</b> S: 7:00am M/M: 7:55pm	<b>20</b> S: 7:00am M/M: 7:55pm	<b>21</b> <b>EREV SHAVUOT</b> S: 7:00am CL: 7:52pm M/M: 7:55pm	<b>22</b> <b>SHAVUOT-DAY 1</b> S: 9:15am CL: 7:53pm M/M: 7:55pm	<b>23</b> <b>SHAVUOT-DAY 2</b> S: 9:15am M/M: 7:50pm H: 8:54pm
<b>24</b> S: 8:30am M/M: 8:00pm	<b>25</b> <b>MEMORIAL DAY</b> S: 8:30am M/M: 8:00pm	<b>26</b> S: 7:00am M/M: 8:00pm	<b>27</b> S: 7:00am M/M: 8:00pm	<b>28</b> S: 7:00am M/M: 8:00pm	<b>29</b> S: 7:00am CL: 7:59pm M/M: 7:00pm	<b>30</b> <b>NASSO</b> S: 9:15am M/M: 7:55pm H: 9:00pm
<b>31</b> S: 8:30am M/M: 8:05pm						

### Please get your articles in for the shul bulletin

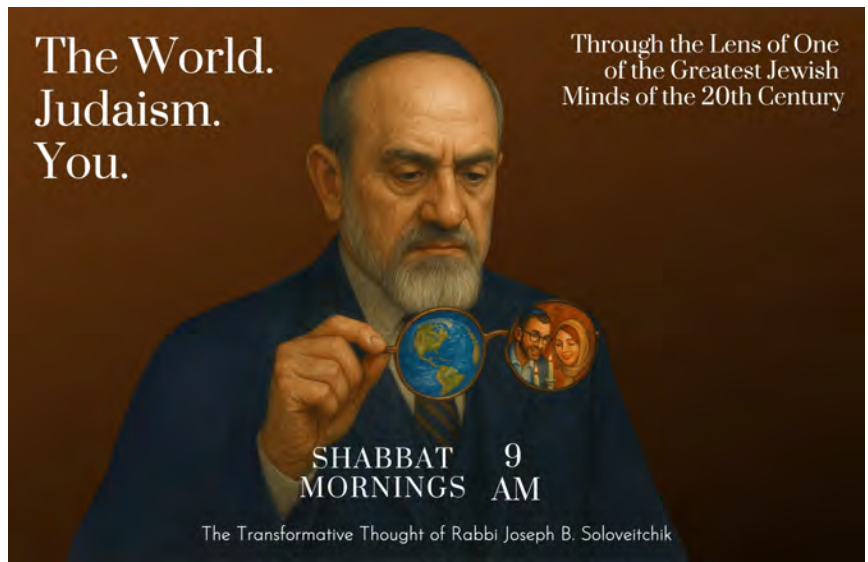
If you have a program, announcement or event, please get your information to the Shul *Bulletin* so everyone will know about it! Send your electronic submissions to the editor at: [bulletin@ljcagbi.org](mailto:bulletin@ljcagbi.org) or submit a hard copy to the Shul office before the deadline, **July-August 2026 issue, Monday, June 22 2026**. All material is subject to approval by the editor and may be modified for space or content. Inserts must also be approved by the editor before inclusion in the *Bulletin*. Please email [bulletin@ljcagbi.org](mailto:bulletin@ljcagbi.org) for further details.

# Candlelighting Times



JUNE 2026/SIVAN-TAMMUZ 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
	1 S: 7:00am M/M: 8:05pm	2 S: 7:00am M/M: 8:05pm	3 S: 7:00am M/M: 8:05pm	4 S: 7:00am M/M: 8:05pm	5 S: 7:00am CL: 8:05pm M/M: 7:15pm	6 <b>BEHA'ALOTCHA</b> S: 9:15am M/M: 8:00pm H: 9:05pm
7 S: 8:30am M/M: 8:10pm	8 S: 7:00am M/M: 8:10pm	9 S: 7:00am M/M: 8:10pm	10 S: 7:00am M/M: 8:10pm	11 S: 7:00am M/M: 8:10pm	12 S: 7:00am CL: 8:09pm M/M: 7:15pm	13 <b>SHELACH</b> S: 9:15am M/M: 8:05pm H: 9:10pm
14 S: 8:30 am M/M: 8:15pm	15 <b>Rosh Chodesh Tammuz- Day 1</b> S: 7:00am M/M: 8:15pm	16 <b>Rosh Chodesh Tammuz-Day 2</b> S: 7:00am M/M: 8:15pm	17 S: 7:00am M/M: 8:15pm	18 S: 7:00am M/M: 8:15pm	19 S: 7:00am CL: 8:11pm M/M: 7:15pm	20 <b>KORACH</b> S: 9:15am M/M: 8:05pm H: 9:11pm
21 S: 8:30am M/M: 8:15pm	22 S: 7:00am M/M: 8:15pm	23 S: 7:00am M/M: 8:15pm	24 S: 7:00am M/M: 8:15pm	25 S: 7:00am M/M: 8:15pm	26 S: 7:00am CL: 8:12pm M/M: 7:15pm	27 <b>CHUKAT-BALAK</b> S: 9:15am M/M: 8:05pm H: 9:12pm
28 S: 8:30am M/M: 8:15pm	29 S: 7:00am M/M: 8:15pm	30 S: 7:00am M/M: 8:15pm				<b>KEY:</b> S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H - Havdalah

Minyan times are subject to change. To confirm minyan time please check the shul website under the worship services tab or call/text Paul Kramer at 312.343.2200.



# THE LADIES SEUDAT SHLISHIT

At the home of Martha Meyers



Women's Monthly Summer Seudah Shlishit  
Parshat Bamidbar, May 16 @ 6pm  
Parshat Sh'lach, June 13th @ 6pm



## The Jew & the College Campus Continued...

Parshat  
BeHa'alotcha



SHIRA ROSENBERG  
Director of  
Olami  
@ Northwestern  
University

June  
6th

Guest  
Speaker

Sponsorship  
Opportunity  
Available

## Memories of Rabbi Joel Lehrfield ז"ל

When I think of Rabbi Lehrfield, ז"ל (which is often), my mind always conjures up the same image: Rabbi Lehrfield standing (and in more recent years as he got a little older, sitting on his stool,) on the bimah over Rosh HaShanah and Yom Kippur. He seemed to be reigning over a court of hundreds of us sitting in the seats below. He was simultaneously majestic and humble. He knew every single congregant by name, even though the membership was in the hundreds then. The highlight was always his meaningful sermons, delivered effortlessly and powerfully. He was brilliant yet never tried to dazzle with his brilliance. I'm not sure he even understood how wonderful he was.

Stuart and I joined LJC (it was just LJC then; not LJCAGBI) in 1988 when we moved into Lincolnwood with two very young children (Jeremy was 4; Rachel was just 1 and Ariella wasn't born until a year after we joined.) LJC was the warmest and most welcoming shul we'd ever been to and Rabbi Lehrfield had a great deal to do with that. He set the tone and treated each family as though we were the most special members of the shul.

By the time our family came to LJC, Rabbi Lehrfield was already halfway into his astonishing 6-decade tenure at the same shul, something unheard of in rabbinical circles! We'd heard from some of the founding members that he'd mellowed over the years especially after becoming a grandfather himself. In any event, he was very tolerant of small children and formed a special connection with each one. No matter what name they were called by, he called each by his or her Hebrew name. Jeremy was always Yitzhak; Rachel was the Hebrew pronunciation of the name and Ariella, well, she was Ariella. Before each bar and bat mitzvah, together with Cantor Morton Pliskin, ז"ל, Rabbi Lehrfield spent much time, preparing each child. Cantor Pliskin patiently taught them whatever they were going to chant and Rabbi Lehrfield spent hours learning with them and treating them with the respect you'd normally accord an equal; not an adolescent. Because of his respect for them, the children took their time with him seriously. Stuart and I credit Rabbi Lehrfield as an important partner in our children turning out to be Torah-observant Jews.

He was a wonderful listener and guided congregants through the key moments of their lives, whether happy, sad or tragic. Together with his beloved eishet chayil, his rebbitzen, Chavie, ז"ל, he provided guidance, warmth and leadership, always true to Torah values. We feel blessed that he was such an important part of our and our children's lives and will miss him forever.

Regine Meisel



*The Most*  
**FABULOUS**  
*Shiur in Town!*

**FOR ABOUT WOMEN**

**Shavuot May 23**  
**Regine Meisel**

**Parshat Sh'lach**  
**June 13**  
**Suprise Speaker**

TO SPONSOR A SHIUR IN MEMORY OF A LOVED ONE, OR IN HONOR OF A SIMCHA PLEASE CONTACT THE SHIUR OFFICE

## Off the Subject

A man scolded his son for being very unruly and the child rebelled against his father. He got some of his clothes, his teddy bear and his piggy bank and proudly announced: "I'm running away from home!"

The father calmly decided to look at the matter logically.

"What if you get hungry?" he asked.

"Then I'll come home and eat", bravely declared the child.

"And what if you run out of money?", inquired the father.

"I will come home and get some", replied the child.

The man then made a final attempt: "What if your clothes get dirty?"

"Then I'll come home and let mommy wash them", was the reply.

The man shook his head and exclaimed: "This kid is not running away from home, he's just going off to college!"

A cantor brags before his congregation in a booming, bellowing voice, "two years ago I insured my voice with Lloyds of London for \$750,000."

There is a hushed and awed silence in the crowded room. Suddenly, from the back of the room, the quiet, nasal voice of an elderly woman is heard

"So vat did you do with the money?"

# Yasher Koach to the 2026 Lox Box Team

We would like to thank the following members and businesses that worked on and/or contributed to the success of this year's Lox Box:

## Donors

CIBC Bank-Lincolnwood Branch  
Republic Bank – Lincolnwood Branch  
Lynn Rubin  
Starr Kosher Catering  
Larry Brown

Paul Kramer/New American Funding  
Rob Chimberoff  
Henry Kalter  
Nicole Mazor  
Kari Gutstein/American Solutions

## Saturday Night Packer

Marcia Kramer  
Paul Kramer  
Dan Gutstein  
Alex Goldstein  
Regine Meisel

Rabbi Yehuda Meyers  
Larry Miller  
Michael Kirshner  
Jeffrey & Edie Light

## 5:30 AM Sunday Packers

Rob Chimberoff  
Michael Kirshner (and Bagel pickup)  
Paul Kramer  
Nicole Mazor

## Drivers and Runners

Sarah & Marcia Kramer  
Larry Brown  
Henry Kalter  
Jeff Liebling  
Max Panitch  
Mitchell Dayan-

Regine Meisel  
Louis Reiff  
Kari Gutstein  
Rabbi H Meyers  
Aaron Goldman

**Special Thanks go to:** Chava Gutman & Janice Thall in the office Ryszard & Jadwiga for the set-up and cleanup, plus Michael Kirshner & Staff of Starr Kosher Catering. Please forgive me if I missed anyone.

Paul Kramer, Chair 2026 Lox Box Committee

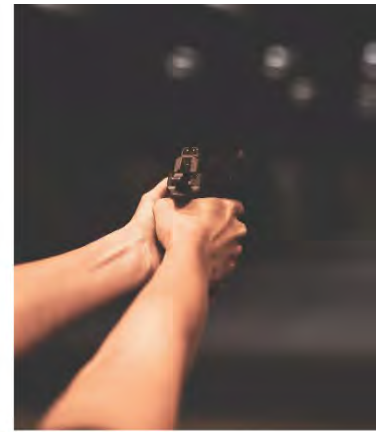




## **LJCAGBI Target Shooting Event**

**SUNDAY, June 14  
12:00 PM**

North Shore Sports Club  
28392 N Ballard Dr., Lake Forest



### **Registration Fee**

~\$30 Per Person  
[depending on the number of registrants]

Safety instruction class included.

Register by 6/7/26 at [www.ljcagbi.org/target](http://www.ljcagbi.org/target) or call the office at 847.676.0491

Prepare for an exciting afternoon honing your skills or holding a firearm for the first time! Multiple types of weapons are available this year! LJCAGBI will have 10 positions available for our use. Ammunition can be brought in or purchased on-site.

# **We are making a Siyum!**

IN HONOR OF SHAVUOT WE ARE COMPLETING DIVREI HAYAMIM!

**PLEASE GO TO [LJCAGBI.ORG/LEARNING/SIYUM](http://LJCAGBI.ORG/LEARNING/SIYUM) TO SIGN UP TO LEARN.**

(IF YOU'RE FEELING BRAVE YOU CAN DELIVER A 2-MINUTE DVAR TORAH @ KIDDUSH ON THE FIRST DAY OF SHAVUOT, MAY 22ND!)

**Gala Siyum & Shir by Regine Meisel**

**@ Kiddush, 2nd day of Shavuot, May 23rd.**

Pre-Shavuot

LUNCH AND LEARN

@ Ken's Diner



TUESDAY  
MAY 19  
12PM

SHIUR STARTS AT  
12:15PM

PRIOR REGISTRATION  
NOT REQUIRED!

# PRE-SHAVUOT Q&A

The laws of Yom Tov can be  
outright confusing!

But learning them can be slightly  
amusing!

Join us at Shabbat morning Kiddush,  
the 16<sup>th</sup> of May,  
to learn the halachot in a fun and  
easy way!

Send questions in advance to [rabbi@ljcagbi.org](mailto:rabbi@ljcagbi.org)

Sponsorship opportunity available -  
please contact the Shul office





**SHAVUOT NIGHT 2026  
DINNER, DESSERT,  
LEARNING & MORE!**

**WHAT DOES IT REALLY MEAN TO  
BE PART OF THE JEWISH  
PEOPLE?**

**GUEST SPEAKERS INCLUDE:  
RABBI YEHUDA ROSENBERG, NW OLAMI  
MOSHE ZHARNEST, DIRECTOR OF ADMISSIONS, YU  
RABBI JOEL GUTSTEIN, CONG. YEHUDA MOSHE**

**THURSDAY, MAY 21ST  
6:45PM-11:15PM**

**NO COST!**

**SPONSORSHIP OPPORTUNITIES  
AVAILABLE**

**DINNER REGISTRATION REQUIRED BY MAY 17TH @  
LJCAGBI.ORG/SHAVUOT-2026  
OR CALL 847.676.0491**

LJCAGBI & YEHUDA MOSHE PROUDLY  
PRESENT

WEST- LINCOLNWOOD COMMUNITY

# SHAVUOT

ALL-NIGHT TORAH LEARNING

MAY 21, 2026

SCHEDULE @ LJCAGBI:

6:45PM - LIGHT DINNER

7:20- SHIUR W/R' YEHUDA ROSENBERG

7:55- MINCHA

8:10- SHIUR W/MOSHE ZHARNEST

8:40- MA'ARIV

9:00- KIDDUSH, CHALLAH AND SOUP

9:30- SHIUR W/R' MEYERS

10:15- DESSERT

10:45- SHIUR W/R' JOEL GUTSTEIN

11:15- MEN'S MISHMAR

LEARNING CONTINUES @ CONG. YEHUDA MOSHE  
UNTIL SHACHARIT W/ R' MEYERS, R' GUTSTEIN  
AND R' WOLF

# Savory Cheese Soufflé

This is one of those “wait... YOU made this?” dishes. It’s rich, fluffy, cheesy, a little dramatic (in a good way), and very Shavuos. Plus this is my hack for quicker caramelized onions. Works like a charm!

Kari's Kosher Korner



## Ingredients: (serves 6-8)

- 3 tbsp butter (plus more for greasing)
- 2 large onions, thinly sliced
- 1 tsp sugar
- 1 tsp salt (divided)
- 3 tbsp flour
- 1½ cups whole milk (warm)
- 5 eggs, separated
- 1½ cups grated Swiss or Emmenthaler cheese (mix with sharp cheddar)
- ¼ tsp black pepper
- Pinch of nutmeg (optional but kinda amazing)
- 1 tbsp Dijon mustard
- (optional) chopped flat leaf parsley or fresh chopped chives for garnish

## Instructions:

1. Caramelize the onions
  - Melt 1 tbsp butter in a skillet over medium-low heat
  - Add onions, sugar, and ½ tsp salt THEN add about 1 cup of water.
  - Cook until deep golden and jammy and the water has evaporated. Set aside to cool
2. Make the base (béchamel)
  - Melt remaining 2 tbsp butter
  - Whisk in flour, then cook 1–2 minutes (don't let it brown!)
  - Slowly whisk in warm milk until smooth - Cook until thickened (like a loose pudding)
3. Build flavor
  - Remove from heat
  - Whisk in egg yolks (one at a time)
  - Stir in cheese, mustard, pepper, nutmeg, and remaining salt, then fold in caramelized onions
4. Whip the whites
  - Beat egg whites to stiff peaks
  - Gently fold into the cheese mixture in 3 additions (Don't overmix—this is what gives you the lift)
5. Bake
  - Butter a soufflé dish or deep baking dish
  - Pour in mixture
  - Bake at 375°F for 30–35 minutes (whatever you do, DON'T open the oven early!)
  - Garnish with chopped parsley or chives, if desired.