

Spinach Soufflé



Ingredients

6 oz. cooked spinach, squeezed dry
1 tsp. minced garlic
1 tsp. lemon juice
1 tbsp. unsalted butter
1 tbsp. all- purpose flour
1 cup milk
2 eggs, separated
kosher salt, to taste
ground black pepper, to taste
pinch of ground nutmeg
½ cup finely shredded parmesan cheese
pan spray
½ cup fine bread crumbs

Procedure

- 1 Preheat oven to 400°F.
- 2 Finely mince spinach and lemon juice with a knife or in a food processor.
- 3 In a small sauce pan melt butter over medium heat. Add flour and whisk to make a roux. Add milk and whisk until thick.
- 4 Remove from heat and add egg yolks, salt, pepper, and nutmeg. Stir well. Add cooked spinach and cheese, and mix well.
- 5 In a clean bowl beat the egg whites until firm peaks.
- 6 Gently fold in egg whites 1/3 at a time.
- 7 Spray four 6-8 oz. oven-proof ramekins that have straight sides. Coat the inside of the ramekins with fine bread crumbs by spinning the crumbs around on the inside until they are just coated. Dump out any excess crumbs.
- 8 Divide the spinach mixture between the four ramekins. Firmly tap the ramekins down to force the mixture to settle in the dish. Make sure there is no mixture covering the top rim.
- 9 Place on a sheet pan and bake for 10-15 minutes until puffy and brown.
- 10 For best results, serve immediately.

Serves 4

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