

Carrboro
FARMERS' MARKET
locally grown  nationally known

Recipe of the Week

February 2, 2008

Not Too Intimidating Spinach Souffle

Recipe provided by Market customer: Mary Pearse

Ingredients

3 clove garlic minced or crushed
1 pound of fresh spinach chopped
5 eggs
1 cup of sharp cheese (grated)
3 tablespoons unsalted butter
3 tablespoons flour
1 cup milk
½ teaspoon salt and pepper
(can also add cayenne and nutmeg)

Procedure

Preheat oven to 400°. Sauté spinach in lightly buttered pan with garlic and a large pinch of salt and pepper. Set aside and drain off excess liquid. Separate the whites from 5 eggs reserving 4 of the yolks. Beat egg whites until stiff but not dry. Make a basic roux out of the butter, flour, and milk over medium-low heat by first melting the butter, then adding flour and whisking until smooth. Then add the milk and continue to whisk over heat until the mixture thickens. Add four beaten egg yolks and half the cheese to the roux. Add the spinach. Gently fold egg whites into the mixture (blend the egg whites without stirring them, otherwise the soufflé will not rise). Butter a high sided casserole dish and sprinkle a little cheese on the bottom. Pour mixture into dish. Sprinkle the remainder of cheese on top. Bake in oven for 10 minutes, then reduce the heat to 375° and bake for another 25 minutes (total of about 35 minute cooking time).

*Available at Market