
Spinach Souffle` with Mushroom Sauce

Bonnie Welch and Deanna White

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1 package fresh spinach (or 1 10-ounce package frozen chopped spinach)

2 tablespoons butter

1/4 cup minced green onions

2 eggs

2 egg yolks

1 cup half-and-half

1/2 cup bread crumbs

3 tablespoons Parmesan cheese

SAUCE

2 tablespoons butter

1/2 to 3/4 pound mushrooms

1 cup whipping cream

salt

pepper

1 tablespoon butter

1 tablespoon flour

2 tablespoons minced chives

In a saucepan, cook the fresh spinach for 2 to 3 minutes. Drain, squeeze out the water and mince. (If using frozen spinach, cook for 3 to 5 minutes and drain.)

In a small skillet, melt two tablespoons of butter. Saute' the onion. Combine the onion and spinach in a large bowl. Mix together the eggs, egg yolks and half-and-half. Add to the spinach mixture along with the bread crumbs and Parmesan cheese. Turn into an 8 x 8 inch baking dish. Bake in a water bath (set the baking dish in a larger pan with one inch of water). Cover with foil.

Bake for 50 minutes at 350 degrees or until a knife comes out clean.

To prepare the sauce: In a small saucepan, melt butter and saute' the mushrooms. Add the cream and bring to a boil. Melt one tablespoon of butter in a cup and add one tablespoon of flour. Mix to create a paste. Whisk the paste into the boiling cream. Reduce the heat and mix hard until smooth. Salt and pepper to taste. Spoon over the souffle' and sprinkle with chives or pour the sauce into a gravy boat and pass separately. This is a rich and elegant vegetable dish.

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 1916 Calories; 173g Fat (80.6% calories from fat); 38g Protein; 56g Carbohydrate; 2g Dietary Fiber; 1343mg Cholesterol; 1578mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 32 Fat.