

Recipe Card				
Recipe Name:		Parm & Spin Sformato	Yield:	4 portions
Ingredients Details				
Ingredient	Unit	Amount		
Butter	Tbs	3		
Ap Flour	Cup	0.5		
Whole Milk	Cup	2.5		
Nutmeg	Pinch			
Kosher Salt	tsp	0.5		
White pepper	tsp	0.25		
EV Olive oil	Tbs	1		
Yellow onion (brunois)	Cup	0.25		
Garlic	ea	1		
Whole Eggs	ea	2		
Egg yolk	ea	1		
Parmesan (Microplaned)	Cup	0.75		
Spinach	lb	1		
Preparation Instructions				
Step	Description			
1	Preheat the oven to 350 degrees Fahrenheit. Butter the ramekins. Set the aside for later.			
2	In a small saucepan, melt the 3 tablespoons of butter over low heat add flour to make roux.			
3	Whisk in milk and cook for 3-5 min. Remove from heat add, salt, nutmeg and white pepper			
4	Cover with plate or plastic wrap allow to cool slightly.			
5	Cook, Garlic, onions and spinach until wilted, remove excess liquid and place in food processor.			
6	Mix until smooth. Whisk eggs in medium bowl.			
7	add cream sauce and spinach puree with parmesan until well incorporated.			
8	Fill Ramekins 80% full place in water bath and bake 30-40 minutes until set, test with toothpick.			
9	Remove and let cool slightly, run knife along edges to remove.			