

## Individual Spinach Souffles

Can be made in one large dish (0.9 to 105-liter souffle dish) or individual ramekins

Serves 6

- 77 g unsalted butter, softened and divided
- 44 g freshly grated Parmesan cheese
- 450 g stemmed and chopped spinach
- 2 T all-purpose flour
- ½ tsp salt, more to taste
- 240 ml whole milk, room temperature
- ⅛ tsp freshly ground black pepper
- ⅛ tsp grated nutmeg
- 3 large room temperature eggs, separated



1. Preheat the oven to **190°C**.
2. Brush the inside of a 4 to 6-cup soufflé with 21 g of the softened soufflé, or grease six individual ramekins, dividing the butter evenly. Sprinkle the buttered surface evenly with the grated **Parmesan cheese**. Set aside while you prepare the filling.
3. Heat a large saucepan over **low heat** and add the chopped **spinach**. Sauté until it wilts and the juices have evaporated; keep a close eye on it as the spinach can burn. Let cool, then **squeeze out excess liquid**. Set aside.
4. In a separate medium saucepan, melt the **remaining butter** over **medium heat** and stir in the **flour** and **salt** with a wooden spoon. **Cook for 30 seconds**, mixing constantly, to cook down the flour.
5. Add the **milk** while whisking vigorously and cook for **about 4 minutes**, until the mixture thickens.
6. Add the cooked **spinach** to the **white sauce** and continue cooking over medium heat **for 1 minute**. Season the mixture with **black pepper**, **nutmeg**, and more **salt**, if needed.
7. Place the **3 egg yolks** in a bowl and whisk in ½ C of the hot spinach mixture to temper it.
8. Add the egg yolk mixture to the pan, stirring to completely incorporate; remove from the heat. Do not overheat the mixture or you risk it separating; if this happens, unfortunately, there is no way to fix it.
9. In a scrupulously clean bowl, beat the **egg whites** on high speed until stiff peaks form.
10. Gently stir ⅓ of the **egg whites** into the **spinach mixture**.
11. Then fold the remaining egg whites into the mixture.
12. Spoon the mixture into the prepared dish(es) and **bake for 30 minutes**, until the soufflé is puffed up and cooked through. A single soufflé may take a few minutes longer.
13. Serve immediately.