



Spinach and Egg en Cocotte

Brittany Allyn

Serves 4

www.savortheflavors.tv

- 1 TBSP Unsalted Butter
- ½ cup Onion diced
- 2 TBSP All-Purpose Flour
- 1 cup Milk
- ½ cup Heavy Whipping Cream
- 1(5.2 oz.) package Boursin Garlic & Fine Herb cheese
- 2 TBSP freshly grated Parmesan Cheese
- 1 tsp Lemon Juice
- ⅛ tsp Nutmeg
- ¼ tsp Sea Salt (Cerulean Seas)
- Freshly Cracked Black Pepper – 6 turns of the grinder
- 1 (10 oz.) package frozen Chopped Spinach thawed and squeezed dry (store brand)
- 4 medium Eggs (be sure to use medium Eggs)
- Paprika for garnish



In a large skillet, melt the butter over medium heat. Add the onions and sauté until soft (7-8 minutes) Add the flour and stir to coat the onions; cook for 1 minute. Slowly whisk in the milk making sure there are no lumps. Add whipping cream and cook for about 2-3 minutes or until the sauce starts to thicken. Slowly whisk in the Boursin a little at a time. Add parmesan, lemon juice, nutmeg, salt and pepper. Stir to combine. Add the spinach breaking it up as you mix it in. When thoroughly combined remove the mixture from the heat and allow to cool (about 10 - 15 minutes)

Preheat oven to 375 ° Fahrenheit

Lightly butter four 8 oz. cocotte. Divide the spinach mixture evenly between them. Make a well in the center of each one. Crack an egg in a dish being careful not to break the yolk. Slowly pour the egg into the well of one cocotte. Repeat with the remaining eggs. Place the lid on each cocotte and bake for 18 – 20 minutes. When baked, the yolk should be soft (like an over-medium egg). Remove lids and sprinkle each one lightly with paprika. Serve with toasted French baguette.