

# Baked Eggs Florentine

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	unsalted butter
1	large	shallot - minced
1	tablespoon	all-purpose flour
3/4	cup	half and half
10	ounces	frozen spinach - thawed and squeeze dry
2	ounces	parmesan cheese - grated
		salt and pepper
1/8	teaspoon	dry mustard
1/8	teaspoon	ground nutmeg
1	pinch	cayenne
		vege oil spray
6	large	egg

Adjust oven to middle position and heat oven to 500 degrees.

Melt butter in medium saucepan over medium heat. Add shallot and cook, stirring occasionally, until softened, about 3 minutes. Stir in flour and cook, stirring constantly for 1 minute. Gradually whisk in half and half; bring mixture to boil, whisking constantly. Simmer, whisking frequently, until thickened, 2 to 3 minutes. Remove pan from heat and stir in spinach, parmesan, 3/4 tspn salt, 1/2 tspn pepper, mustard, nutmeg and cayenne.

Lightly spray 6 6 oz ramekins with oil spray. Evenly divide filling. Push filling 1 inch up sides of ramekins to create 1/8 inch thick layer. Shape remaining filling into 1.5 inch mound, making indentation to hold yolk. Place in baking dish and bake about 7 minutes to brown, rotating halfway through.

Crack eggs into individual cups or bowls., Pour yolks into hot ramekins. Lightly spray and sprinkle with salt. Cook another 6-8 minutes.

Remove and cool on rack for about 10 minutes. Yolks should still be runny.