
Creamed spinach soup with garlic foam

(serves 4)



Ingredients

200g	Leaf spinach fresh or frozen
50g	Onions
1 clove	Garlic
2 tsp	Butter
1 tbsp.	rice flour
½ tsp	Sea salt, pepper from the mill, nutmeg freshly grated
500ml	Vegetable broth
4 tbsp	Cream
1 tsp	Butter
100ml	Milk

Preparation

- Wash the spinach leaves, remove the stems and set aside.
- Chop the onion very fine and crush the garlic clove with a little salt into a nutmeg.
- Chop the stalks roughly, fry with the onions and half of the garlic in butter until translucent. Add the rice flour and spices and sauté until colorless. Pour in the vegetable stock, bring to the boil while stirring constantly and allow to simmer for 3 minutes at low heat.

- Meanwhile chop 2 spinach leaves in very thin strips, blanch the remaining ones and rinse with cold water, mix into the soup along with the cream
- Season the soup again.
- Heat the remaining garlic clove in butter, add hot milk, froth and spread over the soup.
- Garnish with the spinach strips.

