

## *Barquettes d'épinards*

### **Spinach in pastry boatshells**

#### ***Pastry for 8 boatshells***

- ¾ cup (180 g) plain flour, sifted
- 1½ oz (45 g) butter
- Pinch salt
- 1 tablespoon cold water

Sift the flour and salt into a bowl, add the butter cut into little pieces, and with the tips of your fingers work it until the mixture resembles breadcrumbs. Add the cold water and form into a ball. Rest it for 30 minutes to allow the gluten in the flour to relax and roll out thinly. Line small boatshell moulds with the pastry, prick well and bake in a preheated oven at 350°F / 180°C until golden.

- 1 bunch of spinach
- A little salt
- 1 tablespoon butter
- Grated nutmeg
- Pepper

Wash the spinach and place wet in saucepan. Add salt and cook for about 8 minutes from the moment it begins boiling. Do not cover completely in order to retain the colour. Drain and blend.

Heat the butter until *noisette* colour and reheat spinach in this. Add a little freshly grated nutmeg and pepper. Just before serving fill the little pastry shells with the spinach and place them around meat.

**Serves 4**

[110]