

## Cream Spinach

**Chef Eric Foster**



### **Ingredients**

2 ¼ lb. frozen chopped spinach  
¾ Cup chopped yellow onion  
¼ Cup all purpose flour  
5 Tbsp. whole butter  
½ Tbsp. seasoning salt  
2 tsp cracked black pepper  
¼ Tbsp. fresh ground nutmeg  
¾ Qt half and half  
1 Tbsp. Parmesan cheese

### **Procedure:**

Sweat onion, garlic and butter together until tender. Add flour, salt, pepper and nutmeg and stir constantly for 2 minutes. Add half and half, bring to a boil and reduce to simmer. Simmer for 4 minutes, remove from heat and blend for 1 minute. Thaw chopped spinach and squeeze excess water. Combine spinach, cream sauce, parmesan in a pot and heat to serve.

## Shrimp Alex

3 large shrimp peeled and deveined  
1 Cup bread crumb (preferably fresh)  
1 tsp salt, 1t ground black pepper  
1 Tbsp. chopped parsley  
1 tsp chopped garlic  
1 tsp chopped shallot  
1 Cup clarified butter

### **Procedure:**

Combine bread crumb, salt, pepper, shallot, garlic and parsley. Butterfly shrimp and dip in warmed butter. Coat shrimp in bread crumb mixture and set on a baking pan. Bake in the oven for approximately 10 minutes or until shrimp is pink and firm.

## **Grilled filet mignon**

9oz. filet mignon

1 tsp. seasoning salt

### **Procedure:**

Preheat grill to high. Season steak with seasoning salt. Grill steak to preferred temperature.