



Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients for 4

- 2 pounds fresh spinach
- 2 tablespoons butter
- 1 tablespoon flour
- 2 shallots, finely chopped
- 4 cups veggie stock
- 1 cup heavy cream
- 2 tablespoons chopped dill
- 1 pinch of grated nutmeg
- Salt and pepper

Spinach Soup

A delight of packed tasty vitamins.

Bring a quart of salted water to a boil in a large pot and blanch the spinach for 3 minutes. Transfer to a colander and set aside.

Melt the butter in the pot on medium heat, and sauté the shallots for 5 minutes. Sprinkle the flour over the butter and stir well. Slowly add the veggie stock, then the cream, while whisking, until thickened and smooth.

Add the dill, the nutmeg, and the spinach then puree the soup until smooth.

Season with salt and pepper to taste.



Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients for 4

- 8 Belgium endives, cut in half lengthwise
- 3 tablespoons butter
- 1 tablespoon sugar
- 1/2 cup heavy cream
- 1 teaspoon thyme
- 1/2 cup grated cheese (Italian mix or Gruyere)
- 2 tablespoons breadcrumbs
- Salt and pepper

Caramelized Belgium Endives

An astonishingly delicious mix of flavors.

Preheat oven to 400F.

I suggest working with 2 pans or in 2 batches.

Heat the butter in a pan on medium heat and sprinkle with sugar and a pinch of salt. Arrange the endives face side down and cook for 4 minutes without moving. They should be slightly charred. Cut off the roots.

Transfer to a baking dish face side up. Season with salt and pepper.

Sprinkle with cheese, thyme, cream and breadcrumbs.

Bake for 20 minutes, until the cheese is golden.

Enjoy this divine dish with fresh baguette!



Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients for 4

- 3 celery roots, peeled and quartered
- 2 potatoes, peeled and quartered
- 1/2 teaspoon grated nutmeg
- 6 tablespoons olive oil
- Salt and pepper

Celery Root Puree

So simple, and yet, so exquisite! A nutty pleasure at the tip of your tongue.

Bring a large pot of salted water to a boil and add the potatoes and celery root. Reduce heat to medium and cook for 25 minutes.

Drain the water and pass the veggies through a ricer. Add nutmeg and olive oil, and mix well.

Season with salt and pepper to taste.

Olive Oil

The matter of the olive oil is a delicate matter as I was born in Provence (in the South of France) where olive oil is a way of life, a small revolution against the butter-based French cuisine. Everyone buys their olive oil from a producer, not from the store. Your olive oil has to be tasty. The bottom line is: if it does not taste like anything, it is not olive oil. It should be extra virgin and first cold press. Anything else will be diluted and most likely tasteless. Well, this is my humble opinion anyway...