

Green Garlic, Spring Onion & Gruyere Cheese Spoonbread

Serves 8

- 6 tablespoons butter
- $\frac{1}{2}$ cup thinly sliced green garlic (white and light green parts)
- $\frac{1}{2}$ large leek, cut lengthwise in half and then cut into $\frac{1}{4}$ -inch slices (about 1 cup)
- 2 cups thinly sliced spring onions (from about 3-4 large)
- 3 cups milk
- 1 $\frac{1}{2}$ cups cornmeal
- 6 eggs, separated
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 cup shredded Gruyere cheese

Instructions: Preheat oven to 375°. Generously butter a large oval souffle dish or a 13-by-9-inch baking dish. Set aside.

In a medium pan, melt 2 tablespoons of the butter over medium heat until foaming. Add green garlic, leeks and spring onions and saute until softened and slightly caramelized, about 8-10 minutes. Transfer to a bowl and cool. This can be done up to a day in advance.

In a medium saucepan over medium heat, scald the milk until it is just about to boil. Whisk in the cornmeal in a steady stream, and continue to whisk constantly until mixture is smooth and thickened, about 2 minutes.

Remove from heat and transfer to a large

bowl. Mix in remaining 4 tablesp while the cornmeal mixture is still aside and cool to room tempera

Beat egg yolks lightly and whi cornmeal mixture along with the powder, salt and pepper. Fold in and onion mixture, and $\frac{3}{4}$ cup of cheese.

In a clean bowl of a stand mix egg whites until stiff peaks form quarter of the egg whites to light batter, then fold in the remainde

Spoon into the prepared dish and sprinkle remaining cheese on top until golden and puffy, about 40 minutes.

Per serving: 355 calories, 15 g 29 g carbohydrate, 20 g fat (11 g), 210 mg cholesterol, 590 mg 27 g fiber.