



Recipe: Spinach Party Bites

Here is something pretty and tasty for a party that is much cheaper than supermarket canapés. Makes about 24 bites.

Ingredients:

For the scone:

- 8oz self raising flour
- 2oz butter
- 1 tsp. baking powder
- A little water to mix

For the filling:

- 1oz butter
- 1oz plain flour
- Up to ½ pint milk
- ½ lb washed and chopped spinach
- Coarse ground black pepper/salt
- Grated nutmeg
- 2oz finely grated Gruyere cheese

The Scones:

First grease some mini-muffin tins and set the oven to 200 c. / Gas 6

Sift flour and baking powder together and then rub in the butter to make fine breadcrumbs.

Add milk little by little working the mixture into a loose, light ball with your hand.

As soon as it holds together, break off lumps the size of a walnut and push them into the greased muffin tins, creating a hollow in the centre and easing the dough up the sides, making a bowl shape to hold the spinach mix.

The Filling:

Melt the butter in a saucepan and stir in the flour

Add a drop of milk and stir till the flour and butter create a roux, a smooth ball in the pan.

Then add enough of the milk little by little, stirring well all the time, to make a thick sauce, beating out any lumps.

Add the finely chopped spinach and season to taste.

Putting it all together:

Now drop approx ½ tsp of the spinach sauce into the scone cases. Don't fill them right up or they will spill over when cooking.

Finally top with the grated Gruyere.

Pop in the oven for 12+ minutes till risen and golden.

Save some for the party!

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