

# Spinach Mushroom Roll

Recipe By *Brynie Greisman*



Cooking and Prep:  50  
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Serves:  14

Contains:    

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Rosh Hashanah,  
Sukkot

**Diet:** Vegetarian, Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

This is a festive side dish that's perfect for a special occasion. It presents beautifully, is not too time consuming, and can even be frozen. What more can you ask for? Thanks Sarah S.

## Ingredients (14)

### Spinach Layer

- 1.1 pounds (1/2 kilogram) fresh spinach or 1 bag Bodek frozen spinach
- 6 eggs, separated
- 4 tablespoons flour (I used whole wheat pastry)
- 1 teaspoon **Haddar Baking Powder**

- salt and pepper to taste
- pinch nutmeg
- 1 cup sour soy milk (place 1 tablespoon vinegar in a cup and fill the rest with **Gefen Soy Milk**) or parve m
- 2–3 tablespoons oil

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### Mushroom layer

- 1–2 tablespoons oil
  - 1 small onion, diced
  - 7 ounces (200 grams, or about 1 and 1/2 boxes) fresh mushrooms, sliced
  - salt and pepper to taste
  - 1 tablespoon mushroom soup mix
  - 2 tablespoons flour
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## Start Cooking

### Make the Spinach Layer

1. Cook the spinach until it is soft. Drain it well. (With frozen spinach, just defrost it in the microwave and squeeze it out well).
2. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
3. Mix the spinach together with the egg yolks, flour, baking powder, salt, pepper, nutmeg, and three tablespoons of soy milk. (The rest of the soy milk will be used in the mushroom layer.) Whip the egg whites until they are stiff and carefully fold them into the spinach mixture.
4. Lay a sheet of Gefen Easy Baking Parchment Paper on a baking sheet and oil it well. Sprinkle flour all over the sheet of baking paper and then spread the spinach mixture into a rectangular shape. Bake for 20–30 minutes. Lift a corner of the paper to see if the spinach layer has solidified. Do not over-bake.

### Make the Mushroom Layer

1. Heat the oil in a medium frying pan over a medium-high flame. Add the onion and sauté it until it is translucent. Add the mushrooms and sauté for a few more minutes, until they are soft. Lower the flame and add the salt, pepper, soup mix, and flour. Add the soy milk and stir the mixture until the flour is completely absorbed. You may have to use only half a cup.
2. The minute the spinach mixture comes out of the oven, smear the mushroom layer all over it evenly, and carefully roll it up while removing the parchment paper from the bottom of the spinach layer. Refrigerate until it is time to serve. Wrap the roll in foil before warming it up. It's beautiful brought to the table whole on a rectangular platter.

**Tip:**

It's a good idea to prepare the mushroom layer before the spinach one so it's ready. Also, you can substitute broccoli for the spinach or even mix the two!

**Credits**

Photography: Daniel Lailah

Styling: Michal Leibowitz