



Creamed Spinach

Serves 4

INGREDIENTS

- 2 ½ pounds spinach in bulk, or two 10-ounce frozen packages
- 2 shallots, diced
- 4 tablespoon butter
- 1.5 tablespoon flour
- 1 1/2 cup whole milk
- ½ teaspoon freshly grated nutmeg
- Kosher salt, to taste
- Freshly ground pepper to taste
- Optional – Freshly grated Gruyere or Parmesan Cheese, approx. ½ cup

PREPARATION

- Step 1* If bulk spinach is used, pick it over to remove and discard any tough stems and blemished leaves. Rinse the spinach thoroughly and shake off excess water. There should be about 16 cups.
* If you're using frozen spinach, thaw the spinach and place in a colander. Press to extract most of the water. Skip to step 4.
- Step 2* Bring enough water to a boil to cover the spinach when it is added and stirred down. Add spinach and cook 2 minutes and drain. Run under cold running water until chilled. Empty the spinach into a deep colander and press to extract most of the water.
- Step 3* Coarsely chop the cooked spinach. Set aside.
- Step 4* Preheat oven to 350°F



- Step 5* Start by making a quick bechamel sauce. Melt 2 tablespoon butter in a saucepan on medium heat. Add the diced shallots and sauté for about 4 min. Melt the remaining 2 tablespoon of butter. Add the flour, stirring with a wire whisk. Add the milk, stirring rapidly with the whisk. Add nutmeg, salt and pepper to taste. Cook, stirring, about 5 minutes and add the spinach and the Gruyere or Parmesan cheese. Stir to blend.
- Step 6* Transfer to a baking dish. Heat at 350°F for about 10-15 min. Remove from the oven.
- Step 7* Let sit for approx. 5 min before serving. Bon Appétit!