

Creamed Spinach

(/recipes/1154-creamed-spinach)

By Pierre Franey | Time: About 20 minutes | Yield: 4 servings

Ingredients

**2 ½ pounds spinach in bulk, or two
10-ounce plastic wrapped bags**
1 tablespoon butter
1 tablespoon flour
1 cup milk
½ teaspoon freshly grated nutmeg
Salt to taste, if desired
Freshly ground pepper to taste

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 2 pounds cleaned weight, or 16 cups.

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

Put the spinach into the container of a food processor or an electric blender and blend thoroughly. There should be about 1 ¾ cups.

Step 4

Melt the butter in a saucepan and 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. Stir to blend. Heat and serve.