

CREAMED SPINACH

Source: STAFFMEALS AT CHANTERELLE (Chef David Waltuck)

Cook/Prep Time: less than 1 hour

INGREDIENTS:

1 TBS canola or other vegetable oil
3 TBS grated onion
1 small garlic clove, minced
4 C wilted spinach, squeezed dry (about 4 lbs fresh spinach)
1 1/2 - 2 C Béchamel sauce (see recipe elsewhere)
Pinch Cayenne pepper
A few gratings nutmeg
Coarse salt & freshly ground black pepper, to taste
Fresh lemon juice, to taste

DIRECTIONS:

To wilt spinach: remove stems & dirt from spinach leaves (rinse/drain several times to be sure) - place spinach with just the water that's clinging to it in large saucepan or stockpot & wilt over low heat (no need to add any more water!) - when it is all just wilted, drain it & when cool enough to handle, squeeze dry (wrap in cheesecloth, twist into ball & wring it).

Heat oil in medium saucepan over medium-low heat - add onion & garlic & sweat, stirring occasionally, till translucent but not browned (about 5 minutes) - stir in spinach, béchamel, cayenne, nutmeg, salt & pepper - reduce heat to low & cook, uncovered, stirring frequently, till spinach is soft & creamy (about 30 minutes) - add a squeeze or two of lemon juice, then taste & adjust seasoning before serving.

Serves: 6-8