

Creamed Spinach

Ingredients:

- 7 ½ lbs fresh Spinach, tough stems discarded
- 9 tbsp unsalted Butter
- 2 medium Onions, finely chopped
- 3 Garlic gloves, minced
- 9 tbsp all-purpose Flour
- 2½ cups of Milk
- 2½ cups Cream
- Freshly grated Nutmeg

Directions:

Wash your spinach well but no need to spin or pat it dry.

Place spinach in a large pot over medium heat.

Cook, covered, with just the water clinging to leaves, stirring occasionally, until wilted, about 4 to 6 minutes.

Remove spinach to a colander.

When Spinach is cool enough to handle, take small handfuls and squeeze out as much water as possible.

Chop spinach and set aside.

In a medium saucepan over low heat, warm the milk and cream, stirring occasionally as it's kept warm.

Meanwhile, cook onion and garlic in butter oil in a large saucepan over moderately low heat, stirring occasionally, until softened, about 7 minutes.

Whisk in flour and cook for 5 minutes, mixing frequently with wooden spoon.

Add Milk mix in a slow steam, whisking constantly to prevent lumps, and simmer, whisking, until thickened, 5 minutes.

Stir in nutmeg, spinach, and salt and pepper to taste and cook, stirring, until heated through.