

Creamed Spinach

A versatile sauce, dip, or side to help amplify your favorite recipes.

"I've used this with grilled beef flatiron or tenderloins, pork chops, grilled chicken pizzas, and even seafood like crab and shrimp dips. I hope it inspires you to get in the kitchen and make dinner for yourself and your families."--Trent Hazelberg

You will need:

- 1 Shallot, minced
- 2 Garlic Cloves, minced
- 1/4 Cup Butter
- 1/2 Cup All-Purpose Flour
- 2 Cups Heavy Cream
- 2 Cups Milk
- 6 Oz Fresh Spinach
- 1 Tsp. Nutmeg
- Salt and Pepper to taste

Making the Dish:

Step 1: Blanching the Spinach

1. Fill a gallon-sized container with ice water.
2. Boil water in half-filled, large 1 to 2-gallon pot.
3. Add a tablespoon of salt to the water.
4. When water is boiling rapidly, add fresh spinach and stir with a large spoon or ladle for 10-15 seconds only.
5. As soon as the spinach turns bright green, dump it and water into a colander or strainer and drain.
6. As soon as hot water is drained, dump the spinach into ice water.
7. As soon as spinach is cooled, remove from ice water and let drain in colander, squeezing it out a bit to help remove residual water.
8. Set aside. You have now learned a fancy culinary skill called blanching.

Step 2: Making the Bechamel

1. Melt butter in a large sauce pan or stock pot and saute shallots and garlic on medium heat until fragrant, about 1 to 2 minutes.
2. Turn heat to medium-low and add flour to the pot, stirring flour and butter together to create a "roux".
3. Add milk and heavy cream, turning heat to medium-high to high and whisking. The sauce will start thickening like magic within a minute or two.
4. Continue to whisk for another two to three minutes to make sure that all ingredients are thoroughly combined.
5. Turn off heat. Add nutmeg and season to taste with salt and black pepper.

Step 3: Combining the Ingredients

1. Using a blender, add your blanched spinach to the bechamel and blend until it turns into a beautiful, bright green, creamy goodness.
2. After sufficiently pureed, taste the sauce once more to see if you need to add any more salt, pepper or nutmeg.
3. SAFETY WARNING from Trent: *"If your Bechamel is still hot, please use caution using a drink blender with a closed top. If you turn your blender on high and let it go, you will more than likely send flying hot bechamel throughout your kitchen and maybe on yourself. The heat creates a sort of vacuum in the blender. In order to break this vacuum, you just need to quickly pulse the blender three times before letting it blend on its own."*