

Creamed Spinach
By Kay Chun
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Time: 25 minutes

Yield: 6 to 8 servings

Ingredients

3 pounds adult spinach (from five 10-ounce bags), tough stems removed
3 tablespoons unsalted butter
¼ cup finely chopped shallot
3 garlic cloves, minced
2 tablespoons all-purpose flour
1 cup whole milk
1 cup heavy cream
Salt and black pepper
¼ cup sour cream

Preparation

1. In a large pot, bring ½ inch of water to a boil over high. Add spinach in 3 batches, stirring until each batch is wilted before adding another, until all of the spinach is wilted, about 3 minutes. Drain in a colander and run under cold water until cool. Drain again, pressing out excess water, then coarsely chop for a total of 4 packed cups.
2. In the same pot, melt 2 tablespoons of the butter over medium-low. Add shallot and cook, stirring, until softened with no color, about 2 minutes. Stir in garlic until fragrant, 30 seconds. Add the remaining 1 tablespoon butter and stir until melted, then add flour and cook, stirring constantly, until flour is light golden but the shallots still have no color, about 3 minutes. While whisking constantly, drizzle in milk and cream until smooth, and season with salt and pepper. Bring to a simmer, then add chopped spinach and season with salt and pepper. Cook, stirring, until the spinach is totally incorporated and the sauce is thickened, 2 to 3 minutes. Stir in sour cream until combined. Transfer to a bowl and serve warm.

“TIP - To reheat, microwave with a damp paper towel covering the top to keep moisture in. Or spinach can be reheated in a pan, stirring occasionally, over low heat and adding more milk if necessary.”