

Pierre Franey's Creamed Spinach
Featured in "60-Minute Gourmet,"
The New York Times December 23, 1987

Total Time: 20 minutes

Servings: 4

Ingredients

2½ 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

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.
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.
3. Put the spinach into the container of a food processor or an electric blender and blend thoroughly. There should be about 1¾ cups.
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.