



Creamed Spinach

Everyone will love this flavorful mix of fresh spinach blended with a rich and creamy, homemade sauce.

Yield: 8 to 12 servings

Ingredients

- 30 to 32 oz. fresh spinach
- 2 tbsp lemon juice
- 6 tbsp butter
- 2 small or 1 large finely chopped garlic clove
- 1/4 cup finely chopped onion
- 2 tbsp finely chopped shallots
- 1/4 cup [Pamela's Gluten Free Bread Mix](#)
- 1 tsp salt
- 1/4 tsp white or black pepper
- 1/4 tsp nutmeg plus generous grating of fresh nutmeg when served
- 1 cup cream
- 1 cup half & half

Directions

Prepping the spinach is easy if you can find it bagged and pre-washed. In two batches: use a very large pan of boiling water, add the spinach, pushing the leaves down into the water with a wooden spoon. After 1 minute add the lemon juice, stir and cook one more minute until just wilted. Using a slotted spoon, strain into a large bowl of ice water to stop the cooking. Pour into a colander and gently squeeze out the water with the wooden spoon.

To make the bechamel, melt butter in saucepan. Add the finely chopped onions and shallots. Sauté on low gently for 5 minutes before adding garlic. Add garlic and continue to sauté on low until soft and translucent, about 10 more minutes. Take off the heat, using a whisk, slowly add the Bread Mix, salt, pepper and nutmeg. Cook the roux on low for a couple of minutes before slowly whisking in the cream mixture, incorporating the liquid before adding more. Cook gently, stirring constantly, until a thick sauce is formed.

Squeeze the spinach gently but thoroughly once more and chop well. Stir into the sauce until well blended. Dust with fresh nutmeg.

Chef's Note: fresh grated nutmeg is so fragrant and wonderful, you should try it.

Any combination of the aromatics: leeks, onions, garlic, shallots will do.

If you want the sauce to be perfectly smooth, use the blender on the sauce, before adding the chopped spinach.

