Creamed Spinach

Description

This creamed begins with a simple white sauce, which begins with a roux, which is a cooked mixture of butter and flour, which is the basis of a cream sauce, which, when bumped up a notch by finely diced onions and garlic, is one of the best things you'll ever learn to make.



Summary

Yield: 8
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American

Ingredients

- 1 stick butter
- 8 tbsp flour
- 1/2 medium onion finely diced
- 3 clove garlic finely minced
- 3 tbsp butter
- 24 oz baby spinach

Instructions

Melt 1 stick of butter in a pot. Sprinkle in flour and whisk together.

Cook over medium heat for five minutes or until light golden brown.

Throw in onion and garlic and stir together, cooking for another minute.

Pour in milk, whisking constantly, and cook for another five minutes while you cook the spinach.

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To cook spinach, melt 3 tablespoons butter in a separate pot.

Add spinach in increments until all incorporated, and cook until wilted but not soggy, about 4 to 5 minutes.

Season the cream sauce with salt, pepper.

Add spinach to the cream sauce, stirring gently to combine. Serve immediately.