

Creamed Spinach

Recipe courtesy Emeril Lagasse, 2001



Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	–	Easy	4 servings
Cook Time:	11 min		

Ingredients

2 pounds fresh spinach, washed and tough stems removed

2 tablespoons unsalted butter

1/2 cup finely chopped shallots

1 teaspoon minced garlic

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 teaspoon nutmeg

1/2 cup heavy cream



Directions

Bring a pot of salted water to a boil over high heat. Add the spinach and cook for 2 minutes. Drain in a fine mesh strainer, pressing with a large spoon to release as much water as possible. Finely chop and set aside.

Melt the butter in medium saute pan over medium-high heat. Add the shallots and garlic and cook, stirring, until soft and fragrant, about 2 minutes. Add the spinach and cook, stirring, just until the liquid is released. Add the cream, salt, pepper, and nutmeg, and cook until the cream is reduced by half, about 4 minutes. Remove from the heat and serve immediately.



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