

— AMERICA'S —
TEST KITCHEN

Creamed Spinach

YIELD Serves 4 to 6**TIME** 30 minutes

Why This Recipe Works

We wanted this earthy, rich, classic steakhouse side to be easy to make in any home kitchen. We began by wilting the spinach and ridding it of excess water, which ensured a creamy rather than soupy texture. Keeping the ingredient list short and simple allowed every ingredient in our recipe to shine. We included pungent garlic; subtly sweet shallot; and Parmesan cheese, which added an unmistakable umami depth. Finishing our dish with a *beurre manié* (a paste of butter and flour) helped tighten its final texture, making it creamy, dense, and luxurious.



Gather Your Ingredients

- ☐ **2** tablespoons unsalted butter, softened, plus 2 tablespoons unsalted butter
- ☐ **1** tablespoon all-purpose flour
- ☐ **1** shallot, minced
- ☐ **1** garlic clove, minced

Before You Begin

- * Baby spinach comes in a wide range of package sizes; this recipe works with anywhere from 15 to 18 ounces of baby spinach. You can substitute half-and-half for the heavy cream, if desired, but the resulting dish will be less rich and slightly more soupy. Preheat your serving dish in a 200-degree oven for 10 minutes so that the spinach stays warm on the table.

Instructions

- ☐ 1 pound (16 cups) baby spinach
- ☐ ½ teaspoon table salt
- ☐ ½ cup heavy cream
- ☐ 2 ounces Parmesan cheese, grated (1 cup)
- ☐ ½ teaspoon pepper
- ☐ Pinch ground nutmeg

1. Using fork, mash 2 tablespoons softened butter and flour together in bowl to form smooth paste; set aside. Melt remaining 2 tablespoons butter in Dutch oven over medium heat. Add shallot and garlic and cook until shallot is translucent, 1 to 2 minutes. Add spinach and salt and turn with tongs to coat with butter, shallot, and garlic. Cook until just wilted, about 4 minutes.
2. Add cream and bring to simmer. Stir in flour mixture until incorporated. Cook until cream thickens and clings to spinach, about 3 minutes. Off heat, stir in Parmesan, pepper, and nutmeg. Season with salt and pepper to taste. Transfer to warm shallow dish and serve.