

Creamed Spinach

Ingredients

- 10 oz fresh spinach (or frozen, thawed and squeezed dry)
- 1 cup milk (or heavy cream for a richer flavor)
- 1 package Boursin cheese (5.3 oz, garlic and fine herbs)
- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 small shallot, finely chopped
- 1 tablespoon flour
- ¼ cup parmesan cheese, grated
- salt, to taste
- black pepper, to taste
- pinch of nutmeg

Instructions

1. Melt the butter in a large skillet over medium heat, then add the chopped shallot and cook until softened before adding the garlic and cooking briefly until fragrant.
2. Sprinkle in the flour and stir continuously for about 1 minute so it blends with the butter and cooks off the raw taste.
3. Slowly pour in the milk while stirring, allowing the mixture to thicken into a smooth, lightly thickened sauce without lumps.
4. Add the Boursin cheese and parmesan and stir until fully melted and combined into a smooth, cohesive sauce.
5. Add the spinach in batches and cook until fully wilted, stirring until it is evenly coated and there is no excess liquid remaining.
6. Season with salt, black pepper, and a pinch of nutmeg, then taste and adjust as needed.
7. Add a splash of milk if needed to loosen the mixture until it reaches a smooth, spoonable consistency.
8. Cook briefly until everything is heated through, then serve warm.

Note & Storage

- Use fresh spinach or frozen spinach that has been thawed and well drained
- Squeeze out as much water as possible from frozen spinach
- Taste before adding salt since the cheese is already seasoned
- Add a splash of milk if the mixture becomes too thick
- Store in the refrigerator for up to 3 days
- Reheat gently and add a little milk if needed