

Creamed Spinach

Description:

Serving Size: 50 90 g per serving

Categories: Vegetable Side

Cost Per Serving	
\$	1.00

Action	Date	Initials
Created:	8/13/2012	CR
Revised:	12/1/2015	EA



Amount	Measure	Ingredient	Preparation Method	Product No.
0.100	kg	Butter		20-100001600
0.200	kg	Shallots	finely chopped	20-100000864
0.100	kg	Garlic	finely chopped	20-100000869
4.000	lt	Cream		20-100000581
0.050	kg	Beurre Manie	see recipe	50-100000006
0.100	kg	Butter		20-100001601
12.000	kg	Spinach, fresh		20-100000849

Method of Preparation:

- Heat the butter and sweat (cook without color) the garlic with the shallots.
- Add cream and reduce by half.
- Light whisk in the beurre manie until a smooth light coating consistency. Simmer for 30 minutes
- Remove the spinach from the bag and squeeze out the water until dry. Chop roughly.
- Heat a separate shallow pan with butter, sauté the spinach until dry, dress with the cream sauce and season.