

Ruth's Creamed Spinach

Makes 4 Servings

INGREDIENTS

1 stick salted butter	1 bay leaf (size of a dime)
¼ cup all-purpose flour	¼ tsp salt
2 cups milk or half & half	1 lb fresh spinach, well cleaned and stemmed
2 tbs chopped onion	2 tbs salted soft butter
	salt & freshly ground black pepper to taste



PROCESS FOR THE BECHAMEL SAUCE

1. In a small saucepan, melt butter over medium heat until foamy, add flour and stir until light brown in color.
2. Add onion and seasonings and then whisk in milk, stirring until the mixture comes to a boil and thickens.
3. Reduce the heat and cook for five minutes, then pass through a fine strainer and reserve. The sauce will be very thick.

PROCESS FOR THE SPINACH

1. Cook spinach immersed in boiling water for one minute. Remove and refresh in iced water to cool it off.
2. Squeeze it until it is very dry and then purée it in a food processor. Set aside.
3. Just before serving, combine the sauce with the puréed spinach and cook on low heat, stirring often, for about 5 minutes. Season to taste with salt and freshly ground black pepper. Finish by stirring in 2 tablespoons of soft butter.