

Creamed Spinach and Basil

Author: chef Jean-Georges Vongerichten

Source: Martha Stewart's website, from a show in March 2008

*Carolyn T's
Internet
Cookbook*

Servings: 4



Notes: It's not necessary to make this with so much cream - even 3-4 tablespoons of cream will give you a similar flavor. In fact, I've never made this with the full amount of cream. My hand simply wouldn't pour that much into a vegetable! The proportions of spinach and basil are loose - the original recipe calls for equal quantities. More like 25% basil and 75% spinach works for me. But, it IS the basil that makes this different - the taste is elusive, believe it or not. And, if you happen to use baby spinach, you can eliminate the blanching process and just cook the spinach right in the pan. The chef said baby spinach doesn't hold up well enough for this dish, but that's all I could find and it sure tasted great to me!

Description:

1. Bring a large pot of salted water to a boil. Add spinach and basil and cook until wilted. Immediately transfer to an ice-water bath. Drain and squeeze dry; coarsely chop and set aside.
2. Heat oil in a medium skillet over medium-high heat. Add garlic and shallots and cook until golden. Add fennel and celery and continue cooking until soft and translucent.
3. Add cream and let reduce until thickened, about 10 to 15 minutes. Add spinach, basil, and chile, if using; stir to combine. Cook until warmed through. Season with salt and pepper; serve immediately.

Coarse salt and freshly ground white pepper to taste

3 cups spinach, tightly packed, preferably regular spinach, not baby spinach

3 cups basil, tightly packed, finely chopped

1 tablespoon olive oil

4 tablespoons shallots, finely chopped

2 teaspoons garlic, finely chopped

3 tablespoons fennel, very finely chopped

3 tablespoons celery, very finely chopped

1 1/2 cups heavy cream (or as little as 3-5 tablespoons)

1/2 teaspoon Serrano chile, very finely chopped (optional)

Serving Ideas: Goes particularly well with simple roasted chicken.

**Blog: Carolyn T's Blog:
<http://tastingspoons.com>**

Per Serving (excluding unknown items): 490 Calories; 39g Fat (63.7% calories from fat); 11g Protein; 39g Carbohydrate; 23g Dietary Fiber; 122mg Cholesterol; 78mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 7 1/2 Fat.

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