

How to prepare spinach

For 500 g, you will need:

- 1 kg fresh spinach
- 20 g butter
- Coarse salt
- Salt
- Pepper



Ready in: 3 min.

- Start by washing 1 kg fresh spinach in several changes of lukewarm water (not too cold, like for all earthy vegetables).
- Drain.
- To prepare the leaves, you need to remove the central vein, for that there are two methods: Fold the leaf in two along the central vein.
- Then with a knife, remove the central vein.
- You should keep only the green and tender part of the leaf.
- Second method: fold the leaf in half along the central vein.
- Then detach the vein by pulling on the stalk, from the base towards the top (in the direction of the arrow), until it's completely detached.
- Do this for all the leaves. If you don't want to blanch the spinach, but just wilt it with a little butter, dry thoroughly in a salad spinner and go on to the following stage.
- To blanch spinachIf you wish to blanch before cooking, which brings out the flavour, boil a large pan of water, then salt using 1 tablespoon of salt per litre of water. Also prepare a large container, or your sink, full of water as cold as possible (ice-cold).
- Tip in spinach leaves.
- Plunge the leaves down under the water, while waiting for it to come back to the boil.
- As soon as it boils again, remove spinach from pan with a skimmer, and transfer to ice-cold water.
- As soon as spinach is completely cooled, drain thoroughly.
- Then use a salad spinner to remove as much water as possible. Note: you will sometimes read in other recipes that you should squeeze spinach in your hands to remove water. I don't think this is a good idea because it gives you hard blocks of spinach, with the leaves all stuck together, not so easy to use.
- And finally set aside on absorbant paper to collect any remaining water. The spinach is ready to be used in your recipe.

- If you wish to eat it like this (and it is already excellent), you just need to heat it through in a frying pan with a knob of butter.
- Spinach "wilted" in butterIf you have not blanched you spinach, take a high-sided pan, and melt 20 g butter in it.
- As soon as it's fairly hot, add the spinach. If it won't all fit in the pan, wait until the first batch wilts, then add the rest.
- As soon as spinach wilts, salt and pepper, taste to check, it's ready.