

Recipe 1155

Ingredients

2 pailfuls of spinach, 2 heaped tablespoonfuls of salt, 1 oz. of butter, pepper to taste. [Illustration: SPINACH GARNISHED WITH CROUTONS.]

Method

Pick the spinach carefully, and see that no stalks or weeds are left amongst it; wash it in several waters, and, to prevent it being gritty, act in the following manner:--Have ready two large pans or tubs filled with water; put the spinach into one of these, and thoroughly wash it; then, *_with the hands_*, take out the spinach, and put it into the *_other tub_* of water (by this means all the grit will be left at the bottom of the tub); wash it again, and, should it not be perfectly free from dirt, repeat the process. Put it into a very large saucepan, with about 1/2 pint of water, just sufficient to keep the spinach from burning, and the above proportion of salt. Press it down frequently with a wooden spoon, that it may be done equally; and when it has boiled for rather more than 10 minutes, or until it is perfectly tender, drain it in a colander, squeeze it quite dry, and chop it finely. Put the spinach into a clean stewpan, with the butter and a seasoning of pepper; stir the whole over the fire until quite hot; then put it on a hot dish, and garnish with sippets of toasted bread.

Source: Mrs Beeton's Book of Household Management (1861)

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