



Allotment Gardening In North Essex -- At Home In The Kitchen

Spinach Cooked for the Freezer

Method

1. Remove stalks.
2. Shred leaves.
3. Wash thoroughly 3-4 times.
4. Add a little butter and about 1in of water to a large saucepan.
5. Bring to the boil.
6. Add spinach and cook until tender approx 5-10 min.
7. Strain the spinach and chill as quick as possible.
8. Portion the spinach and add individually to freezer bags.
9. When required just reheat in a little melted butter until hot.
10. Serve.