



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Spinach Puree

Ispanak Püresi



1 bunch spinach (17 oz)  
1 cup milk  
1 tbsp butter  
1 tbsp flour  
1 tsp salt

- # Wash spinach, drain its extra water over its surface, then slice it finely with its stems.
- # Place the spinach pieces into a pot. Cover the lid of the pot without adding anything into the pot. Cook it over low heat for about 20-25 in just its steam.
- # Roast the flour with the butter in another pot, until its smell goes away. Add salt and cold milk into this pot.
- # Cook it until reaches a thicker consistency than milk pudding by stirring constantly.
- # Then pour the milky mixture all over the spinach. Blend it to turn into puree.
- # Place the pot over the heat again, cook it until reaches the boiling temperature.
- # It can be served with meat or chicken meals as a garniture.

**Note:** To increase the flavor of the spinach puree, grated kasar cheese, nutmeg and black pepper can be added.