

# Finnish Spinach Soup

## Creamy spinach soup the Finnish way

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### INGREDIENTS

- 1 medium white onion
- 2 garlic cloves
- 100-200g (½ – 1 cup) fresh spinach (or frozen)
- olive oil
- 50g (1/3 cup) butter
- 50g (½ cup) flour
- 800ml (3 1/3 cup) milk
- salt & pepper to taste
- hard boiled eggs for serving



### DIRECTIONS

1. Peel the onion and dice finely. Also peel the garlic cloves and dice finely.
2. Wash the spinach well, remove the hard stalks and chop roughly.
3. Heat a medium pan over medium heat, cover the bottom with olive oil and add the onion and the garlic. Keep the heat on medium and cook the onion with the garlic until translucent and soft. No need to brown.
4. Once the onions are translucent add in the spinach, cover with a lid and cook until softened and cook through. Make sure to keep the heat medium to medium-low to ensure the spinach doesn't burn.
5. After a couple of minutes the spinach should have cooked through. Once cooked through remove from heat and leave aside. If using frozen spinach, cook the onions the same way, then add the frozen spinach, allow to defrost and cook until cooked through.
6. To make the base for the soup melt the butter in a medium pot (3 litre or 13 cup) over medium heat. Once melted whisk in the flour and cook off the flour for a couple of minutes while whisking continuously. Then pour in the milk slowly while whisking. Cook the base until it starts to thicken whisking continuously so it doesn't form lumps or burn to the bottom of the pot. (See video)
7. When the base is thick and creamy you can add in the spinach, turn off the heat, season with salt and pepper to taste and remove from heat. Allow to proof for about 30 minutes before serving.
8. Serve with hard boiled eggs and bread.
9. Enjoy!