

SWISS CHARD IN CREAM

Bettes à la Crème

Found in *From a Breton Garden* by Josephine Araldo & Robert Reynolds



Ingredients

- 1 cup Heavy cream
- 1-2 bunches Swiss chard
- Salt, Pepper, & Nutmeg

Directions

1. Add heavy cream to a small saucepan and bring to a simmer, allowing the cream to reduce by half, while also bringing a pot of salted water to a boil.
2. Separate the ribs of the Swiss chard from the leaves and set ribs aside.
3. Blanch the leaves in boiling water for a few minutes until just wilted. Drain, reserving the water and rinse leaves under cold water, squeezing out as much water as possible and then chopping the leaves roughly; set aside.
4. Next, take the Swiss chard ribs and slice them into ½ inch lengths. Boil in the same water used for the leaves until the ribs are tender, about 5-10 minutes. Drain and refresh under cold water.

**Note: everything up until this point can be prepared ahead of time*

5. When ready to serve, combine the stems and greens in a dry skillet and heat until the water has completely evaporated (once dry, the chard will more readily accept the reduced cream). Add in the reduced cream, tossing to coat well. Season with salt, pepper, and nutmeg to taste.

**Note: The water used to blanch the chard can be saved and used as a vegetable stock or as a base for soup*