

# SWISS CHARD OMELET

## *Crespeu de Blette*

From *Lulu's Provençal Table* by Richard Olney

*This flat Provence-style omelet has only enough egg to hold it together. It is served as an appetizer.*



## Ingredients

- 1 pound of Chard greens without ribs (the leaves of about 12 large stalks)
- 3 Eggs
- Salt and Pepper
- 4-5 tablespoons Olive Oil
- 6 Garlic cloves, peeled & finely chopped

## Directions

1. Bring a large pot of lightly salted water to a boil and blanch the chard greens just until wilted. Drain them in a colander and run cold water over them to set the color. Drain again and squeeze in a towel to extract as much water as possible. Chop the greens.
2. Break the eggs into a mixing bowl, add salt and pepper, and set aside. Heat 2 tablespoons oil in a large non-stick skillet over high heat. Add the garlic and let it sizzle for a few seconds. Add the chard, a little salt, and sauté for several minutes, shaking the pan and tossing the chard repeatedly.
3. Whisk the eggs with a fork and add the hot chard, stirring rapidly at the same time; continue to stir until there is no visible separation of egg and chard.
4. Wipe out the pan. Heat it again with 2 tablespoons oil over high heat, rotating to oil the sides. Add the omelet mixture and spread it out over the pan evenly with the tines of the fork. Cover the pan and lower the heat for several minutes, or until the body of the omelet has thickened.
5. Gently jerk the pan back and forth to make certain that the omelet slides freely. Holding a plate against the top of the pan, invert the omelet onto the plate. Return the pan to high heat with a little more oil, if necessary, and slip the omelet back into the pan, cooked side up.
6. A minute later, make certain that the omelet moves freely in the pan (loosen with a spatula if it sticks) and slide it onto a platter. Cut into wedges or squares. Serve warm or cold.