

CREAMED SWISS CHARD

INGREDIENTS

4 Cups Milk
1 small Onion, ends trimmed and peeled
8 each cloves
4 Tablespoons Flour
3 Tablespoons Butter
1 large bunch Swiss Chard (about 10 leaves)
3 Tablespoons Golden Sherry (optional)
1 teaspoon Salt
½ teaspoon Black Pepper
½ teaspoon Nutmeg

DIRECTIONS

Stud peeled Onion with cloves evenly and place in a saucepan with Milk.

Heat gently for 20 minutes then remove the Onion and set aside to cool.

Meanwhile, melt butter in a separate pan and then add Flour to make a Roux.

Pour scalded Milk in to the Roux and bring to a gentle simmer, whisking constantly with a whisk until thick, about 4 minutes.

Rinse out and dry the saucepan used for scalding the Milk and add Oil over medium heat.

Remove Clove from the Onion and slice Onion to add to the Oil.

Let the Onion cook whilst chopping Swiss Chard roughly, discarding some of the tough stem ends.

Pour in the Golden Sherry if using and then add the Swiss Chard.

Add seasonings and continue to cook until the leaves are wilted.

Finally pour in the Bechamel and cook until tender, about 8-10 minutes longer.

Serve with Lasagne, roasted meats and/or vegetables, or as a side dish with Brunch items!