



## *The Edible Garden*

Recipe featured at the *Garden-to-Table* demonstrations, September 4 & 5

### Swiss Chard Au Gratin

By: Gui Alinat, chef, blogger, and author of *The Chef's Repertoire*

#### Ingredients

1/2 bunch Swiss chard  
1 cup prepared béchamel sauce (see below)  
Parmesan cheese, grated as needed  
1/4 cup bread crumbs  
1/8 cup butter, melted  
1/2 fresh lemon's juice

#### Instructions

1. Separate stem and leaves of the chard. Parboil diced stems in salt water with lemon juice until tender; drain and cool. Wilt shredded leaves. Salt and pepper to taste.
2. With the white chard in a bowl toss them with just enough béchamel sauce to coat. Check flavor and adjust the seasoning. Arrange serving size portions in oven safe gratin dishes.
3. Mix the breadcrumbs with just enough melted butter to make it look like wet sand. Season with salt and pepper and add the cheese. Sprinkle some on each of the portions and bake in a 350 degree Fahrenheit oven until bubbling and golden brown. Garnish with wilted chard.

#### *Béchamel Sauce*

2 tablespoons butter  
2 tablespoons flour  
½ cup heavy cream  
½ cup broth  
pinch of nutmeg

1. Melt butter in a saucepan. Add flour and cook until golden brown.
2. Add cream and broth to the saucepan and whisk until smooth. Add nutmeg.
3. Cook over low heat for about 5 minutes, when the mixture is well combined and creamy.