

Dish

Swiss chard gratin

Harvested from June to November, chard is a vegetable rich in nutrients and vitamins. To enjoy it with relish, here is the recipe for Swiss chard gratin. Melting in the mouth, it can be cooked in steam, in water or in a frying pan.

Ingredients :

For 4 people

- 1 bunch of chard
- 2 eggs
- 2 tbsp. cornstarch
- 1/4 liter of milk
- 1 small pot of heavy cream
- 20g butter
- 4 garlic cloves
- Gruyère or grated Parmesan cheese
- 3 pinches of nutmeg
- 1 drizzle of olive oil
- Salt pepper

Steps :

1. Wash and drain the chard before cutting the white stem into pieces. Reserve the green part and remove the filaments.
2. Immerse the pieces in a large volume of salted boiling water for 10 minutes then drain them. Cook the chard leaves in the same way for 5 minutes.

3. In a frying pan, melt the butter with the previously chopped garlic then add the Swiss chard leaves. Cook for a few minutes, stirring regularly with a wooden spoon.
4. When the chard leaves have shrunk and become tender, place them in a gratin dish with the previously boiled pieces. Pour a drizzle of olive oil.
5. In a container, beat the eggs then mix them with the milk, cornstarch and fresh cream. Season with salt, pepper and nutmeg then mix well.
6. Pour the preparation over the pieces of Swiss chard and finish by sprinkling the grated cheese.
7. Preheat the oven to 200°C then bake for 35 minutes until the Swiss chard gratin is well browned.

You can also add a few slices of goat cheese or bacon bits for even more delicacy!

Related recipes:



La Recette
Venez vous régaler !

**Retrouvez toutes les recettes sur
<https://larecette.net>**