

ASPARAGUS, CARROT & CHARD STEM PICKLE

Springtime Swiss Chard is colorful, nutritious and delicious prepared simply with sautéed garlic & lemon juice, but the stems are so bright they deserve a dish for themselves. In this recipe chard's earthy flavor is tempered by sweet young carrot and succulent asparagus, with a pickle brine that is packed with savory garlic and refreshing fennel. Use this pickle as a condiment for cheese or noodles, or as a salad itself with peppery arugula & mizuna leaves.

OVERNIGHT RECIPE

INGREDIENTS

1 ½ Cups White Wine
Vinegar

1 ½ Cups Water

1 Cup Sugar

1 Tablespoon chopped
Garlic

1 Tablespoon Fennel
Seed

1 teaspoon yellow Mustard
Seed

1 teaspoon red Chili Flake

1 Tablespoon Pickling
Salt

1 bunch Swiss Chard,
stems only, about 6
ounces

2 medium Carrots, sliced,
about 1 cup

8 ounces Asparagus,
sliced, about a half bunch

DIRECTIONS

Cut off any spotted and rough ends of each chard stem and discard. Slice the remaining stems on a diagonal about ½ inch wide.

Peel carrots and remove the tips using a diagonal cut. Continue to cut carrots thinly to approximate the size of chard stem pieces.

Trim the ends from asparagus and cut into inch long pieces- if the stalks are large, use a diagonal cut and slice thinly.

Place all vegetables in a heatproof container and set aside. Bring water, vinegar, sugar and seasonings to a rapid boil, reduce heat and stir. Simmer for 1 minute before pouring slowly over the vegetables.

Allow to cool to room temperature, cover lightly and place in refrigerator. Store in an airtight container in refrigerator up to 10 days.

Serve over a salad of mixed greens dressed with Extra Virgin Olive Oil and finishing salt.