Chard stalks "rehogadas" on a base of chard greens

Rehogando the chard stalks in olive oil, garlic & pimentón

Acelgas rehogadas (swiss chard)

"Rehogar" vegetables is a Spanish go to recipe. Cooked vegetables (in this case swiss chard stalks) are briefly sauteed in olive oil with fried garlic and a spoonful of smoky pimentón. The same method is used in our **patatas revolconas** recipe. Here, we try to keep the vegetables crisp & crunchy, while traditional Spanish recipes often call for them to be well cooked.

This approach can be used for an almost infinite variety of veggies: green beans, cauliflower, broccoli, cabbage, etc. While the olive oil/garlic/pimentón trio is typical, there are other options: just olive oil & fried garlic; olive oil, fried garlic & cayenne pepper; olive oil with bacon/serrano ham...the list goes on.

Ingredients

1 bunch swiss chard

2 tbsp olive oil

1 or 2 cloves garlic cut in thin slices

1 tsp pimentón

1/2 tsp baking soda

Salt

Preparation

Wash the chard well, separate green leaves from the stalks.

Roughly chop the leaves, **de-thread** & cut stalks on the bias in 2" chunks.

Bring water to boil in a saucepan, add 1/2 tsp baking soda & 2 tsp salt. Cook leaves for **2 minutes** & wash with cold water to stop cooking, drain & set aside.

Cook chard stalks separately in boiling salted water for **4 minutes**, wash with cold water to stop cooking, drain & set aside.

Rehogar: Fry garlic slices in the olive oil until golden, don't burn. Remove pan from heat, stir in pimentón, add chard stems & stir. Cook on medium heat for a couple of minutes and you're done.

Serve greens & stalks separately. Enjoy!

Note:
1. **De-thread**: chard stalks have fibrous threads along the edges. It's a good idea to remove them with a vegetable peeler or a paring knife before cutting & cooking. Much more pleasant to eat.
2. The baking soda helps keep the leaves a nice bright green color.
3. When serving, I like to splash a little sherry vinegar on the green leaves.
4. The cooking part can be done in advance; just "rehogar" before serving.

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