



COOKING WITH  
**CHARD**



# WHAT IS CHARD?

Chard is a leafy, vibrant vegetable which grows in a variety of colours: red, pink, white and yellow. It's also known as Rainbow chard or Swiss chard.

Chard is a versatile ingredient which can be cooked or eaten raw. The leaves can be shredded and fried to create a result similar to the popular Asian-style seaweed dish. On top of their versatility, the bright colours of both the stems and leaf veins add a splash of colour to any meal.

The taste of chard is quite unique and depends on how it's prepared. Raw chard in salads is refreshing with a slightly bitter aftertaste, whereas cooked chard has a flavour profile similar to spinach but more delicate. The leaves of chard contain Vitamins A, K and C.



# MEET THE GROWER

## PETER TICKLE

**Peter Tickle has been growing chard at his farm on the Isle of Grain since 2013.**

Traditionally grown in warmer climates such as Spain, chard's increased popularity in the UK over recent years has led to an uplift in the number of UK growers planting and harvesting chard from June to November.

Peter has had great success with his chard but says it can be a challenging crop to grow.

*"The white variety is much easier than the yellow and red stem varieties as the white has been grown for a while in the UK now. With yellow and red chard we are still in a period of trial and error, although we're having better results than we anticipated, with all three varieties growing well."*

Chard can be harvested several times over one season as it grows back once cut. One plant can be harvested up to five times. Chard is a seeded crop so needs to be replanted every year.



## PASTA WITH CHARD AND ITALIAN STYLE SAUSAGE SERVES 4

*500g penne pasta or spaghetti*  
*4 x Italian-style sausages*  
*(or similar), chopped*  
*1 x pack 200g chard, sliced*  
*1 x medium onion sliced*  
*2 tbsp olive oil*  
*2 garlic cloves, chopped*  
*150g crème fraîche or*  
*mascarpone cheese*  
*Grated fresh Parmesan*  
*Salt*  
*Cracked black pepper*

Bring a pan of salted water to the boil and cook the pasta until "al dente."

Meanwhile in a large frying pan, add 1 tbsp olive oil and cook over a medium heat. Add the onion and soften gently before adding the sausage and cooking until browned and caramelised.

Add the chopped garlic and season with salt and pepper to taste.

Add the chard to the frying pan and allow to wilt for a couple of minutes. Add in the crème fraîche or mascarpone and heat through gently.

Strain the pasta and add to the sausage mix. Stir together to coat all of the pasta in the sauce.

Place the pasta into a serving bowl, drizzle over the remaining olive oil and finish with freshly grated Parmesan cheese. Serve immediately.



## MARMITE GLAZED SCALLOPS WITH CRISPY CHARD SEAWEED SERVES 2

*12 x king scallops*

*300g chard*

*200ml rapeseed or vegetable oil*

*½ tsp Chinese five spice powder*

*½ tsp sugar*

*¼ tsp salt*

*Marmite*

*Cracked black pepper*

Finely slice the chard leaves (removing any large stalks). Heat 190ml oil in a fryer or wok, add ¼ of the shredded chard (be careful as it may spit for a few seconds).

Fry for 1 – 2 minutes until the chard is crispy, remove and place on some kitchen towel to remove excess oil, repeat this stage until all of the chard is cooked and crispy.

Pour oil out or using a clean pan, add the crispy seaweed chard back in and sprinkle over the salt, sugar and five spice powder; toss well.

In a frying pan add the remainder of the oil and cook over a medium heat. Add the scallops and season with the black pepper. Cook for one minute, turn the scallops and cook for a further minute until the scallops have a nice brown caramelised top and bottom.

Brush lightly with Marmite and remove from the pan.

Arrange the chard seaweed on a serving plate and top with scallops. Serve immediately.





## CHARD AND SMOKED CHEESE SLICE SERVES 4

*500g chard, sliced*  
*2 x large sheets of ready rolled*  
*puff pastry*  
*1 x medium onion, sliced*  
*200g smoked cheese, grated*  
*50g butter*  
*1 x beaten egg for glazing and*  
*sealing*  
*Salt*  
*Cracked black pepper*

Heat a pan over a medium heat and melt the butter, gently sweat the onion to soften and then add the sliced chard. Season well and cook until the chard has wilted. Remove from the pan and allow to cool.

Lay the two sheets of puff pastry on a flat surface and cut each one in half, so you have four rectangles.

Sprinkle the smoked cheese over one half of each of the pastry sheets and top with the chard mixture.

Brush the edges of the pastry with the beaten egg and fold the pastry over the mix to make a pastry slice, crimping the edges to seal in the chard and cheese. Place on a non-stick baking sheet and brush the slices with the remaining egg.

Place in a pre-heated oven at 200°C and cook for 20 minutes until golden brown. Remove the baking sheet from the oven and allow the pastries to rest for 5 minutes. Remove from the sheet and serve.



## STEAMED COD WRAPPED IN CHARD WITH STIR FRIED CHARD LEAVES SERVES 4

*4 x thick cut cod fillets*

*4 x large chard leaves*

*100g butter*

*1 tbsp lemon or lime juice*

*½ leek, cut into matchsticks*

*½ carrot, cut into matchsticks*

*1 x clove garlic, finely sliced*

*½ tsp fresh ginger*

*1 tbsp soy sauce*

*Salt*

*Cracked black pepper*

Remove the stalks from the chard and slice into strips.

Lay the chard leaves on a flat surface and place a cod fillet on each about one third of the way down, place 25g of butter on each piece of fish, then place some of the leek and carrot on each and season with salt and pepper.

Roll the chard leaves up to encase the cod and lay in either a Chinese steamer basket or wrap in foil.

If using a steamer basket, put the lid on the basket and place the steamer over a pan of boiling water. Cook for 12-15 minutes. If you don't have a steamer basket, wrap the cod and chard parcels in tin foil and bake in an oven at 180°C for 12-15 minutes.

Whilst the fish parcels are cooking, heat a little oil in a wok or frying pan and add the chard stalks. Stir fry for two minutes, then add the garlic, ginger and soy sauce and toss.

Remove the stalks from the pan and place on a serving plate. Carefully remove the parcels from the steamer or oven (remove foil), and place on top of the stir fried chard stalks. Serve immediately.





# HINTS AND TIPS

Wash chard well in cold water before using.  
Chard stems and leaves add a unique flavour and colour to stir fries.

## **Did you know you can freeze chard?**

Wash thoroughly and cut off woody stems, blanch (plunge into boiling water) for two minutes and chill quickly in ice cold water. Drain off excess moisture, package in airtight containers or freezer bags and freeze immediately.

# WHO ARE WE?

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Part of M&W Mack Ltd, we belong to a family run business that's been trading since 1874.

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Published by DGM Growers, Oak House, Holbeach Bank, Spalding, Lincolnshire, PE12 8BB  
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