



RECIPE

VEGETABLE RISOTTO STUFFED SWISS CHARD

FROM THE KITCHEN OF: Chef Jav SERVING SIZE 4

INGREDIENTS:

2 1/2 cups vegetable stock
1 tablespoon olive oil
1 whole onion - small diced
2 teaspoons garlic
1 whole red pepper - small dice
8 ounces mushrooms - medium diced
3/4 cup arborio rice
2 ounces cheddar cheese - grated

1/4 cup basil - chiffonade
2 cans chopped tomato - 15 oz each
1 tablespoon balsamic vinegar
1 teaspoon brown sugar
8 whole swiss chard
(large leaves & ribs removed)



Place stock in a medium pot & heat to simmer. Once simmered lower heat to minimum & hold temp there.

In another medium size pot heat oil. Add onions and garlic. Cook for about 2 minutes

Add red pepper, & mushrooms. Cook for another 2 minutes.

Add rice and stir well. Coat rice with oil & cook for another 30 seconds stirring.

Add heated stock in 4ths. Stir risotto well with each addition & keep adding until all stock has been absorbed

Cook risotto until creamy and tender. Add cheese and basil to risotto and stir well. Set aside and allow to cool slightly.

In a large pot add salted water. Bring to a boil.

Blanch swiss chard leaves briefly to wilt slightly (to make pliable only)

Remove and drain well. pat leaves dry.

On each leaf place a portion full of risotto stuffing.

Fold up sides and roll carefully.

In a separate deep pan or skillet place tomato, balsamic and sugar. Stir well until combined.

Add swiss chard parcels to balsamic mix. Simmer for up to 10 minutes

Remove and serve with pan sauce.