

# RED BICYCLETTE

## Braised Escarole with Garlic

1 Head escarole  
1 T Vegetable oil  
1/2 Onion, cut into small dice  
4 Large cloves garlic, minced  
1/4 t Red chili pepper flakes  
1 c Chicken stock or broth, low sodium  
Salt and pepper

### **Directions**

Cut the escarole in half and cut each half into 1-inch ribbons, discarding the root end. Place in a large bowl of water and let it sit for 8 to 10 minutes, swishing it around every 2 or 3 minutes. Strain the escarole and rinse twice. Heat the oil in a large pot over medium-high heat, then add the onion and stir. When the onion becomes translucent, add garlic and chili pepper. Stir for 30 seconds. Turn heat to high and stir in the escarole. When the escarole is just about wilted, add chicken stock and cook for a few minutes or until the escarole is tender, stirring occasionally. Season with salt and pepper if necessary.

Serves 4

***Delicious, when paired with Red Bicyclette® Merlot***