



Creamed Chard

Pair with Peter Vella Chablis if you are serving with chicken, or with Peter Vella Burgundy to complement steak or pot roast.

Ingredients

1 Tbsp. Olive oil

1 Shallot, thinly sliced

1 Bunch green chard, well rinsed with stems removed

2 Tbsp. Butter

1 Tbsp. Flour

1-1/2 cups Whole milk

1/2 tsp. Salt

1/4 tsp. Pepper

1/4 tsp. Nutmeg

(serves 4)

Directions

- In a large, deep skillet, heat the olive oil over medium-high heat.
- Add the sliced shallot and cook until slightly browned.
- Add the chard and cook for five minutes. Cover skillet and take off heat. Let stand.
- In a medium sized sauce pan, over medium heat, melt the butter and add the flour.
- Let the flour mixture sizzle for one minute, while stirring constantly.
- Stir in the milk, salt, pepper and nutmeg.
- Heat and stir until the mixture thickens and slightly bubbles.
- Add the cooked chard to saucepan and cook for five minutes.
- Remove and serve as a delicious side dish.

A stylized, handwritten signature of Peter Vella in black ink, positioned above a small black and white checkered square at the bottom center of the page.