



Salted Curry Swiss Chard

Equipment List

- Sauté pan
- Cutting board and knife

Recipe Ingredients

- Two large bunches of Swiss Chard cut into large ribbons
- 2 yellow onions (medium dice)
- 1 head of garlic (fine mince)
- Juice of 1 lemon
- 2 tablespoons mild yellow curry spice (dry)
- 2 teaspoons salt
- 2 teaspoons local honey
- 3 tablespoons avocado oil

by: Chef Jason Dwight

Yield : 6-8 servings



Allergy Indicators:



Jason has devoted the past 25 years of his life striving to become a restaurant owner/chef. He learned the true value of hard work at a young age by working construction for the meanest boss he's ever had...his father. Years later, Jason would joke with his greatest chef mentor, Kevin Binkley, that he was the second meanest boss he'd ever had. Now, as a restaurant owner striving for excellence, he understands that good enough...is not good enough. Jason is a true proponent of the idea that what goes into our food, also goes into our body. This is why he is so passionate about eating clean, local, organic, sustainable foods. For Jason, nothing beats cooking real food on an open fire.

Instructions

1. Heat a large cast iron pan (or sauté pan);
2. Add your fat to the pan;
3. Add the onions and cook until slightly caramelized and brown;
4. Stir in your cut Swiss Chard and mix until well coated with the fat and onions;
5. Add the garlic and cook for about 20-30 seconds until the garlic becomes fragrant;
6. Add the salt, dry curry seasoning, and turn off the heat,
7. Add the juice of 1 lemon and the honey and mix to combine;
8. Taste for balanced seasoning and add more salt, honey, or lemon if needed.

Excellent served with any meat, rice or beans/ legumes! Or just enjoy it as is.

Meet Your Swiss Chard Farmer

Blue Sky Organic Farms is a family-run organic farm located in Litchfield Park, Arizona. They have been farming in Arizona since 1995, which is over 25 years! Blue Sky grows over 120 different varieties of vegetables throughout the year and also has chickens and goats living on their farm.





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#chefinthegardenaz



Planting Swiss Chard

Planting Instructions

Planting Supplies

- Swiss Chard start
- Garden or pot with soil

1. Dig a hole in your garden that is as deep as the transplant liner. The soil should be level with the transplant in either the pot or the garden.
2. Place your hands flat on the soil around the stems, then turn your transplant upside down so that the leaves are facing your shoes. Gently squeeze the transplant container to loosen the roots just enough to pull the liner away from the plant's root system.
3. Gently flip your plant right-side up, so that it's facing you and gently place it in the hole in your garden or pot. Fill in the remaining space with soil. Gently push down the soil around the plant and add more soil if necessary to make the new soil level with the plant. Then add plenty of water to get the soil wet down to the roots.

Lesson

Swiss Chard is a vegetable in the same family as spinach. It has many names, such as chard, silver beet, perpetual spinach, beet spinach, seakale beet, or leaf beet. Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked or sauteed (like in this month's recipe). Chard is a good source of vitamins A, C, and fiber. It is popular as a home-garden vegetable because it grows well and makes lots of edible leaves. It is also tolerant to moderately hot weather.

Adapted from [Britannica: Chard](#) and [Kiddle Chard Facts for Kids](#)

Culinary Skill: Sauté

Sautéing is a dry heat method of cooking food that uses a small amount of oil or fat in a shallow pan over relatively high heat. Sauté comes from the French verb "sauter", which means "to jump." The jumping refers to the way the pieces of food appear to jump in the pan as the moisture is forced out by the high heat of the pan and oil. Jump might also refer to the motion chefs use to manipulate the pan, tossing the pieces a bit into the air so they cook evenly. Choosing the right pan size is important to perfecting sautéing. The trick is to choose a pan in a size that can fit your food in a single layer without too many overlaps (which encourages steaming- a moist heat cooking method) or too much empty space (which can burn the oil). For best results, start with a hot pan, cut food into evenly sized pieces, and start with dry food (i.e. pat fresh foods dry after washing them).

This simple cooking technique is a great way to cook foods quickly using little fat. It can be an important skill for any home cook to master for healthy home cooking.

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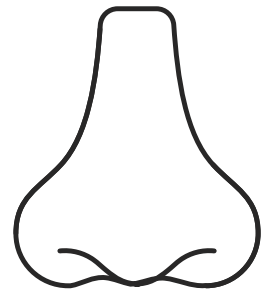
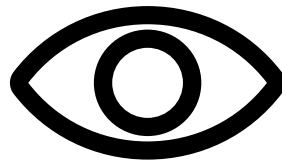
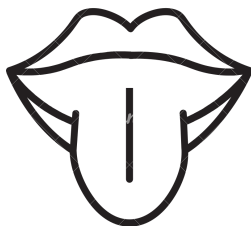




Student Feedback Sheet

Swiss Chard

Can you describe it using the five senses?



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Student Feedback Sheet

Swiss Chard

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What rating would you give this lesson?



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