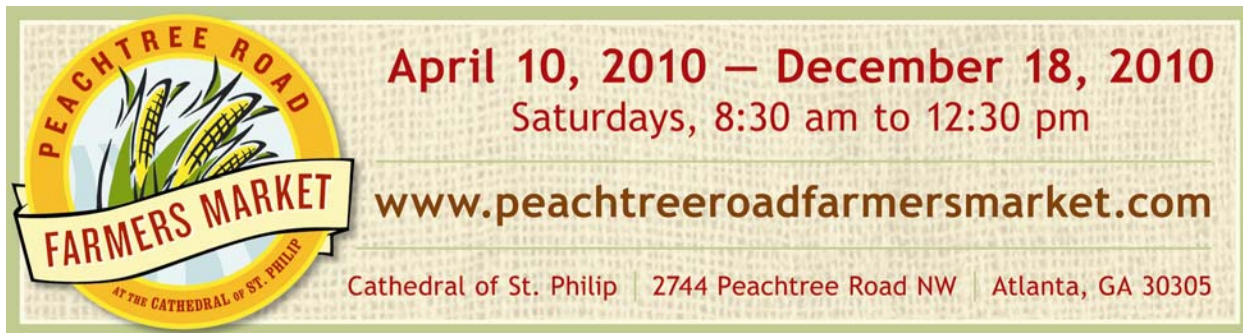


December 11th Chef Demo with David Sweeney of Restaurant Eugene
Pilaf Stuffed Rainbow Chard over Carrot Puree
with Lemon Butter Broccoli Raab

Serves 4-6

- 8 Large Chard Leaves Country Gardens Farm
- ½ lb of Carrots (peeled & sliced in ½ slices) Yoder Family Farm
- 1 Medium onion (peeled & sliced into ½ inch slices)
- 2 Celery ribs
- 5 cups Garden Pilaf Garlic Clove Foods
- 1/3 cup Sweet white wine
- 1 grated rind of one organic lemon
- 1 cup heavy cream
- 3 tbsp EVOO (olive oil)
- ¼ cup unsalted butter
- Salt & Pepper

1. Blanch & Shock (in ice water) whole chard leaves, pat dry with paper towels and set aside.
2. In a sauté pan combine EVOO, celery, onion sauté for 5 mins on medium heat. Add carrots and increase to high heat. Cover and cook until tender. Stir as needed.
3. Add butter and deglaze with wine.
4. Puree carrot mixture. Add salt & pepper to taste, lemon rind & cream.
5. Place ½ cup of pilaf (prepared as directed) place it in the center of the cooked chard leaf and roll like a burrito. Repeat rolling step until you have 8.



Broccoli Raab with Lemon Butter

½ lb Broccoli Raab Heirloom Gardens

1 tbsp of butter

Juice of one lemon

1. Blanch and shock (in ice water)
2. Sauté butter until butter begins to brown, add lemon juice and raab and cook until warm.

Final Plating:

Put a few tablespoons of warm carrot puree on the plate. Heat wraps in butter in the sauté pan until warm (even a bit crispy on the outside). Place wrap on top of puree and add warm broccoli raab on the side.

Tips:

You can add ground sausage, pork or poultry to your filling.

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