

Swiss Chard with Poached Apple



The new apple crop has started appearing in grocery stores and farmers markets. There's nothing quite like the flavor of fresh, tree-ripened apples. Tonight you'll use these seasonal gifts as a feature in your greens dish.

Poached apple slices, seared fennel and thin-sliced Field Roast Apple sausage will share the spotlight with Swiss Chard this evening. The greens dish will be served over caramelized potato slices with a dusting of Gorgonzola crumbles to finish the plate. MMMM, MMMM, GOOD!

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Cooking's easy when you're organized. You'll use a total of 1 C. of white wine tonight: 1/2 C. to poach the apples and 1/2 C. to add sweetness to the greens.

Caramelized Potato Rounds

2 medium-sized red potatoes (sliced into 1/4" thick rounds)
2 tsp. canola oil
pinch of salt

Poached Apples

2 tsp. canola oil
1 medium-sized apple (quartered, cored and thin-sliced)
1/2 C. white wine
1/2 tsp. ground cinnamon

Browned Apple Sausage

1 package Field Roast Apple Sausage (plastic casings removed, sliced in half lengthwise)
1 tsp. canola oil

Sautéed Greens with Fennel

Sautéed Greens:

2 tsp. canola oil
2/3 C. fresh fennel (thin-sliced, chopped)
1/2 C. white wine
3/4 C. low-sodium vegetable broth
3 T. rice wine vinegar
1 tsp. low-sodium soy sauce

2 cloves garlic (smashed and chopped)
2/3 C. yellow onion (chopped)
1 bunch Chard (Washed – stems and leaves chopped separately)

Garnish

2 tsp. crumbled Gorgonzola
- or -
2 tsp. crumbled blue cheese

But First...
Preheat oven to
400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

While the potatoes are baking, multi-task and brown sausages and poach apples.

Caramelized Potato Rounds

Place salted thin-sliced potatoes on a cookie sheet oiled with canola oil. Slide into a 400° oven and cook 15 minutes per side. Set a timer to remind you to turn them. You want them crispy.

Poached Apples

Heat a medium-sized saute pan until hot. Add oil and swirl to cover bottom. Lay apple slices in pan and brown lightly on both sides. Add wine and boil about 2 minutes per side. Sprinkle with cinnamon and set aside.

Browned Apple Sausage

Be sure to remove the plastic casings on the Field Roast sausages before cooking them. Slice in half lengthwise and place sliced sausages on an oiled grill or griddle. Brown on all sides.

Remove from heat. When cool, slice 1 sausage into thin half-rounds.

Store unused browned sausages in the fridge in a resealable bag. They'll be used in upcoming recipes. They're also great thin-sliced on sandwiches.

Sautéed Greens with Fennel

1. Heat a large empty kettle until hot and add oil. When oil shimmers, drop sliced fennel into pan and toss until fennel begins to brown.
2. Add wine, broth, vinegar and soy sauce. Bring to a boil.
3. Add garlic, onions and chopped stems from greens. Bring to hard boil, reduce heat to medium and cook 10 minutes.
4. Add chopped leaves and browned sausage slices to mixture. Toss over medium-high heat 2 minutes. Remove from heat and serve.

Plate the Meal

1. Divide and arrange caramelized potatoes in center each dinner plate.
2. Divide cooked greens over potatoes, leaving the edge of the potatoes visible.
3. Fan poached apples over greens.
4. Garnish with crumbled Gorgonzola or blue cheese.

What I've Learned from this Recipe

I use just enough gorgonzola or blue cheese to provide a savory accent to the greens. After some experimentation, I've discovered that 1 tsp. of crumbled cheese does the trick.

Too much of this sharp cheese will overpower the other flavors.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

