

amelia saltsman FOOD

BORLOTTI BEAN AND SWISS CHARD SOUP WITH RED CARROTS AND WILD MUSHROOMS



Makes 8 servings

1 bunch Swiss chard

1 bunch small red carrots, preferably the thickness of your little finger, unpeeled (about 1/2 pound after tops removed)

1 pound small chanterelles, hedgehogs, or yellow-footed chanterelles, brushed clean

Kosher or sea salt and freshly ground black pepper

2 to 3 teaspoons extra-virgin olive oil

8 cups vegetable, chicken, or beef stock

2 1/2 cups drained, cooked borlotti beans (from fresh or dried)
Grated Parmigiano-Reggiano cheese for serving

Strip the stems from the chard leaves, discard the tough bottom parts, and cut the tender portions crosswise into 1/4-inch-wide slices. Cut the leaves into 1-inch-wide ribbons. Cook the stems and leaves in boiling salted water until the leaves are tender but still bright green, about 5 minutes. Drain and rinse the chard with ice water. Cook the whole carrots in boiling salted water until barely tender, 2 to 3 minutes (if using larger carrots, cut into 3- to 4-inch-long pieces before cooking). Drain and rinse the carrots in ice water, and then rub off their skins with your fingers. Slice lengthwise into 1/4-inch-wide strips. The soup can be made to this point a day ahead; refrigerate the components separately.

To finish the soup, in a large skillet, sauté the mushrooms, seasoned with salt and pepper, in the oil over medium-high heat until all the liquid they release is reabsorbed and their edges are lightly browned, about 5 minutes. In a pot, bring the stock to a simmer. Add the beans, chard, and carrots, cover partially, and simmer for 10 minutes. Add the mushrooms and simmer to blend the flavors, about 5 minutes more. Season to taste with salt and pepper. Top each serving with a sprinkling of cheese.

*From "The Santa Monica Farmers' Market Cookbook" by Amelia Saltsman,
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