

FOLDED HILLS

WINERY · RANCH · FARMSTEAD

JAPANESE STYLE SWISS CHARD AND SESAME SALAD

Ingredients:

- 3 bunches Swiss chard
- 2 large cloves garlic
- 2 tablespoons sesame seeds
- ½ teaspoon red pepper flakes
- 2 tablespoons soy sauce
- 1 to 2 teaspoons sesame oil
- Pinch of salt

Directions:

Step 1: Bring a large pot of water to boil and salt heavily. Rip the Swiss chard into large pieces and boil for one full minute, until tender at the stem. Shock the Swiss chard in ice water and drain, squeezing lightly to remove excess water.

Step 2: In a large mortar and pestle, crush the garlic and add sesame seeds. Add the red pepper flakes, soy sauce, and sesame oil and pound until combined.

Step 3: Add half the Swiss chard and pound lightly to infuse. Add the rest of the Swiss chard and mix. Chill before serving.



Pair with Estate White

Point phone camera at
QR Code for more info.

