

Swiss chard (mangold) tart



The peak season for Swiss chard is from July to August. At this time the plant, which is a type of beet in botanical terms, is particularly tasty. The leaves contain a lot of vitamin A, C and iron. People who are prone to kidney stones, however, should be careful with Swiss chard as it is also rich in oxalic acid.



Ingredients for 4 portions:

To make the shortcrust pastry:

- 250 g flour
- 120 g butter
- 5 g salt
- 1 egg
- 60 ml water

To make the mushroom paste:

1 shallot

15 g butter

100 g mixed mushrooms (such as truffles, dried mushrooms, white mushrooms)

150 ml vegetable stock

30 ml cream

Salt

Pepper

To prepare the Swiss chard:

8 bright Swiss chard leaves

200 g Swiss chard, finely chopped

1 tbsp olive oil

150 ml vegetable stock

2 sprigs of thyme

5 g garlic

Salt

Pepper

2 spring onions

Tips from Anna Matscher:

Prepare the shortcrust pastry first. It can then be set to one side whilst the mushroom paste and Swiss chard are prepared.

Persons able to take a little alcohol can also add approximately 30ml of Madeira wine to the vegetable stock to deglaze the mushroom paste. If you make this version, the butter should be replaced with olive oil and you should not use any cream.

Preparation (c. 90 minutes):



To make the shortcrust pastry:

Knead all of the ingredients together to form a dough and leave to sit for half an hour. Next, roll out the pastry dough and cut into 10 x 5 cm pieces. Place on a baking tray and prick with a fork. Bake at 180° for five minutes.



To make the mushroom paste:

Finely dice the shallots and fry until translucent in the butter. Chop the mushrooms finely and add to the pan. Pour in the vegetable stock and season to taste. Simmer for 15 minutes until the liquid reduces down, and then place in a mixer.



To prepare the Swiss chard:

Remove the leaves from the Swiss chard, cut the stalks into 10 cm length pieces and chop the rest into cubes.



Blanch the stalks in salted water and then dry on kitchen roll. Lightly fry the cubes separately, add the vegetable stock and thyme and stew for 10 minutes.



Mix the cubes of Swiss chard, spring onion and mushroom paste together, season to taste with salt and pepper and then leave to simmer until the liquid reduces down. Toss the Swiss chard leaves in olive oil and season to taste.



To serve:

Spread the Swiss chard-mushroom paste on the shortcrust pastry. Add the cubes on top and then serve the leaves and stalks on top. Bon appetit!

