

Swiss Chard Recipe: Ohitashi & Japanese Pickled Stems

Ingredients

- 1 large bunch (or two smaller ones) of swiss chard, washed
- 2 tbsp. apple cider or white wine vinegar
- 2 tsp. white miso paste
- 2 tsp. mirin, divided
- ½ tsp. salt
- 1 cup dried white rice (optional)
- 2 tsp. soy sauce
- 2 tsp. sesame oil
- 1 tsp. sesame seeds

Steps

1. Remove the chard stems from the leaves, and keep both. Start by chopping the chard stems down the stalk into small pieces. Place in a bowl with the vinegar, miso paste, 1 tsp. mirin and ½ tsp. salt. Use your hands to massage the sauce into the stalks, mixing well for a couple minutes. Place the chard stem pickles in an airtight refrigerator until used.
2. If making rice, cook the rice as directed. Once cooked, set aside.
3. Bring a pot of water fitted with a steamer to the boil. Add the chard leaves and allow to steam for about 5 minutes, until the leaves have reduced greatly in size. Shock under cold water, then use your hands to squeeze out as much water as possible. Roughly chop the chard leaves, and place in a bowl with the soy sauce, sesame oil, and remaining tsp. of mirin. Gently work the sauces in, mixing and pulling apart the clumps. Top with sesame seeds.
4. Serve the greens along with the rice and pickled stems. You will likely have more stems than you need, so reserve any remaining pickled stems and add to salads or eat as a snack.

