

Mushroom Ragout, Rice with Cauliflower & Swiss Chard a la Crème

Serves 4

Approximate preparation time: 40-50 minutes



Quantity	Ingredients	Preparation
Rice with cauliflower		
370 g	basmati rice	Cook basmati rice in water, cut cauliflower into small pieces (also use the stalk) and sauté everything in a pan. Mix cauliflower with rice and season to taste (use salt sparingly).
370 g	cauliflower	
Swiss chard in cream sauce		
2 tbsp	cream 30% fat	Prepare Swiss chard, cut and blanch in water. Sauté with butter in a pan and dust with flour. Add cream and milk, and simmer on a low heat. Season with salt and pepper.
4 g	salt	
380 g	fresh Swiss chard	
1 tbsp	wheat flour	
1 dl	cow's milk, 3.5% fat	
3 pinches	pepper	
1 tsp	butter	
Mushroom ragout		
30 g	frozen porcini mushrooms	Quarter the button mushrooms and chop the onions. Sauté onions and turn heat up to maximum. Add button mushrooms and porcini mushrooms, and simmer. Dust with wheat flour and deglaze with white wine. Simmer on a low heat. Thicken with corn flour dissolved in water and season to taste with salt, spices and herbs.
1 tsp	corn flour	
2 dl	cow's milk	
70 ml	cream 30% fat	
4 tbsp	white wine	
2 tbsp	rapeseed oil	
1	onion (small)	
240g	button mushrooms	
1 tbsp	wheat flour	
2 g	salt	

Fun fact:

Mushrooms are a good meat alternative; they contain many proteins, amino acids and fibre.