



BIETOLA RICE BAKE

Serves 4 people

INGREDIENTS

1 bunch Swiss Chard	Sauvignon Blanc
1/2 yellow or white onion	Salt
Extra virgin olive oil (preferably Kitchen76)	Chicken broth
3 cups Arborio rice	Grated Parmigiano Reggiano

DIRECTIONS

Preheat your oven to 350 degrees. Wash and finely chop your Swiss Chard. Dice your ½ yellow onion. Heat a large shallow pan on the stove with extra virgin olive oil and add your diced onions. Cook the onions slowly on low heat so the onions soften. Add arborio rice into the pan with the onions. Bring the heat up to medium/low and stir consistently to toast the rice. Keep an eye on the rice so it toasts evenly. Add ½ cup of Sauvignon Blanc and glaze the pan, allowing the wine to evaporate.

Once wine is reduced, add your finely chopped Swiss Chard and mix it all together with the rice until all is incorporated. Season with salt, then add the chicken broth until all the ingredients are just covering the mixture. Sprinkle a generous amount of Parmigiano Reggiano on top and mix. When it just about starts to boil, place lid on top and pop in the preheated oven. Allow to cook for 30 to 40 minutes. Allow it to cool slightly before serving and finish off with a drizzle of olive oil on top.

PAIRING

The Bietola is a beautifully flavoured and savoury rice dish, and is complemented wonderfully with the herbaceousness of the Sauvignon Blanc. The flavours of the Swiss chard and onion combine perfectly with the herb and green bean notes in the wine. There is also a lovely contrast of textures, as the lively acidity and crisp citrus character of the Sauvignon Blanc meets the richness of the rice.