



## Chard Soup with Violet Spring Garlic.



**DIFFICULTY**  
EASY

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**TYPE OF CUISINE**  
MEDITERRANEAN



**Nº OF DINERS**  
4



**TYPE OF DISH**  
MAIN



**PREPARATION TIME**  
30 MINUTES



**GARLIC VARIETY**  
VIOLET SPRING

### Ingredients

- 4 cloves of Violet Spring Garlic
- 1 bunch of Chard
- 1 Carrot
- ½ Bread Loaf from the previous day
- 2 litres of Vegetable broth
- 1 Egg
- Fresh Parsley
- Mild Paprika
- Extra Virgin Olive Oil
- Salt

## Step by Step



1. Peel and laminate the Garlic cloves.
2. Peel the Carrot and dice it Brunoise style.
3. Wash two sprigs of Chard and remove the Green leaves, only keeping the stems. Finely dice them as with the Carrot.
4. Cut the bread in slices of approximately 1 cm of thickness.
5. Place a generous amount of Olive Oil in a pot on medium heat. Add the Garlic and cook until it goldens.
6. Once the Garlic has changed colour, add a teaspoon of mild Paprika and stir so that it does not get burnt. Then add the Carrot and the Chard stem.
7. Sauté everything together for a few minutes and then add the Vegetable Broth.
8. Bring it to a boil and then add the Bread and cook for 15 minutes.
9. After 15 minutes add the beaten egg to the pot and stir lightly.
10. Season with salt and it's ready!



### DISH PRESENTATION:

11. We may serve this dish in a soup tureen containing all the servings or we may also serve it in a bowl or a soup plate for each diner, decorated with a few leaves of fresh Parsley.

### TIPS FROM THE CHEF Miguel Ángel Mateos:

- Before adding the Vegetable broth we may add a dash of white wine or white vermouth and leave it to boil down for a few minutes. It will give a nice aroma to this dish.
- To make this soup more consistent, just before serving it, we may grate some Cheese on top. It will melt with the heat of the soup. For this we recommend Idiazabal cheese.
- We may sauté the unused Chard leaves with some Garlic and use them for a stir-fry.