Rice with Swiss chard and white beans (arròs amb bledes)

Yield: 4 servings

Ingredients

Pulses and vegetables

White beans — 150 g
Swiss chard — 150 g
Potato — 300 g
Onion — 1 pcs
Garlic — 1 clove
Grated tomato — 1 pcs

Rice and stock

Round-grain rice — 150 g
Sweet paprika — 5 g
Saffron threads — pinch
Extra virgin olive oil — to taste
Salt — to taste
Oloroso sherry or white wine (optional) — to taste
Water — to taste

Steps

1. Leave the 150 g to soak in cold water overnight, 8 to 12 hours depending on the variety and how fresh they are. In the morning, drain off that water and rinse them.
2. In a deep pot, gently soften the chopped 1 pcs and the grated 1 clove in the to taste with a little to taste.
3. Add the 5 g, taking care not to burn it, and straight away the 1 pcs. Fry for a couple of minutes, until it loses its water.
4. Add the chopped 150 g and turn up the heat so they wilt down.
5. Add the drained 150 g and, if you like, a splash of to taste. Cover with to taste, bring to the boil and knock the boil back with a splash of cold water. Cook with the lid on: about 50 to 60 minutes the traditional way, 20 in a pressure cooker.
6. Take the lid off and add the peeled, chopped 300 g together with the pinch. Cook with the lid on for another 25 minutes, or 10 in a pressure cooker.
7. Take the lid off, add the rinsed 150 g and cook uncovered for 18 to 22 minutes, depending on the variety, until the grain is just right and the stew is bound together.
8. Taste, adjust the to taste and let it rest for five minutes before taking it to the table.

Sources

Arròs amb bledes o arroz con acelgas y alubias guisadas (Directo al Paladar, Liliana Fuchs, 11-6-2024): https://www.directoalpaladar.com/recetas-de-legumbres-y-verduras/arros-am-bledes-arroz-acelgas-alubias-guisadas-receta-valenciana-tradicional-saludable/amp