

Spinach and chard (Beta maritima)

FONDUE OF SPINACH WITH CANDIED LEMONS AND PURPLE OLIVES

(Zohra Adda Attou's recepe)



INGREDIENTS (for 4 to 6 servings)

- 1 kg **wild spinach** (and/or **wild chard**)
- 150 g tinned crushed tomatoes
(or 300 g fresh tomatoes,
to peel and crush roughly)
- 250 g pitted purple olives
- 1 candied lemon (*citron confit* in French)
- 1 tea spoon **cumin**
- 1 pinch **paprika**
- salt, pepper
- 3 table spoons olive oil

UTENSILS

- 1 thick-bottomed saucepan
- 1 colander
- 1 chopping board
- 1 sharp knife
- 1 wooden spoon

- Cut off the stems, and keep only the **spinach** (and/or **chard**) leaves: chop them . Rinse them thoroughly, press them, and leave them aside in the colander.

- Slice thinly the candied lemon.

- Heat the olive oil in the sauce pan, throw in the spinach (and/or chard) leaves, and melt them down.

- Add now the candied lemon, the olives and tomatoes, the cumin, paprika, salt and pepper. Mix it together. Leave to simmer uncovered 3 or 4 minutes.

You can eat it **hot**, with rice, bulgur wheat, or, quite plainly (it is delicious !), with boiled potatoes, as your **main course** : vegetarian, but nourishing, and a real treat for the taste buds !...

You can savour it **cold**, as a **pre-dinner dish**, spread on a thin slice of **calamint bread**, slightly roasted, or garlic and olive oil *croutons*.