

Steamed Swiss Chard

No. of people: 100

Swiss chard $\frac{3}{4}$ case
Buckets of leaves 2
Steamer trays filled day of: 10

Prep:

Wash Bok Choy/Chard in sink and drain in the large colander. Do not spin.

Chop off stems, and reserve.

Stack a few leaves on top of each other, roll like a cigar & chop into bite sized pieces & place in clean buckets.

Chop the stems into bite-sized pieces and store separately pail/s.

Clearly label all the buckets and mark 1 of 3, 2 of 3 etc. and store in walk-in.

Cook:

By 10:15 am fill the steamer with two gallons of water and turn to stand-by. When the amber heating light goes out, the steamer is preheated to 200°. Place up to seven shallow perforated hotel trays in steamer and turn to steam setting.

Cooking time is 4-5 minutes. Stems may take a bit longer.

Put cooked chard/bok choy in deep stainless steel hotel trays with lids and keep warm until serving time.