Kartoffel und Mangold

One of the most enjoyable experiences during my summers in Germany is preparing locally inspired meals directly from the garden and this kartoffel und mangold is a fine example of how simple ingredients with simple preparation can be so delicious.

It all began when Oma, who keeps a keen eye on what is ripe and ready to eat in the garden, announced that the mangold (chard) must be eaten. Further, it was quickly determined that it would be prepared with steamed new potatoes as this was a childhood favorite of Sebastian’s.

Off I went to the garden, armed with a kitchen basin and knife, returning it full to the brim with gorgeous tender leaves and a few baby grasshoppers who I promptly returned their family.

The preparation took only minutes. After a careful cleaning, the stems are removed and the leaves are steamed whole. Once tender, they are chopped and then sautéed briefly in a bit of olive oil and finely diced onions. In the meantime, new potato quarters are peeled and steamed as well. The two are gently combined and seasoned with salt, fresh ground pepper, and nutmeg. German home cooking done right!