

Swiss Chard with White Beans and Job's Tears (aka Hato Mugi)

Ingredients

1 Tablespoon olive oil
½ cup Job's tears (hato mugi), uncooked
1 bunch swiss chard, about 12 ounces
1 large onion, chopped
6 garlic cloves, minced
¼ teaspoon red pepper flakes
1 ½ cup or 1 can Great Northern or other white bean, drained
15 ounce can diced tomatoes, preferably fire-roasted
2 teaspoons dried basil
8 pitted kalamata olives, sliced
2 Tablespoons nutritional yeast (optional)
2 teaspoons balsamic vinegar (optional)
generous grinding of black pepper
salt to taste

Method

1. Cook the Job's tears (hato mugi) by cooking in covered pot with about 2 cups of water, on low for an hour. Drain and save the cooking water to thin a soup or drink as a beauty aid! (see notes below).
2. Remove the stems from the chard just where the leaf meets the stem. Chop each stem into 1/2 inch pieces and set aside. slice leaves into 1/2 inch slices and keep separate from the stems.
3. Heat a large, heavy skillet over medium heat. Add olive oil and let it warm. Add chard stems and onion and cook, stirring regularly until onion begins to turn golden. Add garlic and red pepper flakes and cook for another minute.
4. Add cooked Job's tears (hato mugi), beans, tomatoes, basil and olives and bring to a simmer. Add chard leaves, reduce heat to medium and cover tightly. Cook, stirring occasionally, until chard is tender, between 5-12 minutes, depending on your taste.

5. Taste and adjust salt and pepper. Serve with optional nutritional yeast and balsamic vinegar at the table.

Notes



Other spring greens are great substitutes. Balsamic vinegar may not be needed with less bitter greens.

If not using fire-roasted tomatoes, adding 1/4 teaspoon smoky paprika and 1/4 teaspoon chili powder (more of each if you like a distinct heat) are excellent substitutions.

Hato mugi, also called Job's tears, coix seeds or Chinese pearl barley is a gluten-free Asian grain with an mildly sweet and nutty flavor like a cross between rice, corn and barley. The texture is tender yet chewy, similar to hominy. The common name Job's tears comes from its appearance - fat, shiny gray or brown teardrops in abundance on stalks - likened to the Biblical Job who suffered many sorrows and tears. The seed husk is removed for cooking and the grains resemble large pearl barley, a non-related gluten-containing grain. The cost is high but even 1 part hato mugi to 4 parts brown rice will add a new flavor and bite. You can buy hato mugi from the bulk bins at People's Food Coop, 3029 SE 21st Avenue.

In China, this grain is boiled in sweet water to make a cloudy, wheaty-tasting tea with the grain strained out. In Vietnam, the cooked grain is added to drinks as tapioca balls are added to make bubble tea. In Traditional Chinese Medicine, coix seeds (*Coix lacryma-joba*) have the action of moving moisture and are used for abdominal bloating, diarrhea, fluid accumulation causing numbness and stiffness, difficulty urinating.

Source: modified from Susan Voisin, blog.fatfreevegan.com (4 servings)