



Notes on Kale

The most traditional dish that Kale is used for is collard greens. However, kale with its high nutritional value can be used in many dishes, such as soup, omlets, and stir fry. To prepare kale, start by giving it a good washing then fold the leafy parts together and carefully remove the leaves. If you want to use the stems simply cut it into desired pieces. Kale is normally enjoyed cooked.

Simple Ideas for Kale

- Sauté with fresh garlic and sprinkle with lemon juice and olive oil.
- Place on homemade pizza to encourage children to try new foods.
- Roast kale and apples. Drizzle with balsamic vinegar and chopped walnuts.

Potato and Kale Gratin

Recipe by: Deborah Madison "The Savory Way"

Serves 4 to 6

1 pound russet or yellow potatoes
Salt
1 large bunch of kale
Butter for the baking dish
1 cup cream
Freshly ground pepper

Scrub the potatoes, leave their skins on if they look firm and fresh, and slice them into rounds about ¼ inch thick. Bring a large pot of water to boil and add salt to taste and the potatoes. Boil for 5 minutes, then scoop them out and set them aside, reserving the water. Cut the kale leaves away from the stems. Chop the leaves into large pieces and rinse them well. Plunge them into the same water the potatoes cooked in, push them down to submerge them, and cook them briefly, about 2 minutes. Pour them into a colander to drain. Preheat the oven to 325 and lightly grease a baking dish. Layer the kale and potatoes in alternating rows, pour the cream over the top, and season with plenty of pepper. Bake until the cream has been absorbed and formed a golden crust around the edges, about 45 minutes.

Quick Kale

Serves 2

½ bunch fresh kale, washed
1 ½ tablespoons sesame seeds
2 tablespoons peanut oil
¼ teaspoon sea salt
2-3 garlic cloves, sliced

Shake the kale to get rid of any excess water, then remove the stalks. Lay several kale leaves one on top of another, roll up tightly and cut horizontally into wide strips. Repeat with the remaining leaves. Heat a pan to medium heat, add the sesame seeds and dry-fry, until golden brown. Transfer to a small bowl and set aside. Add the oil to a pan and swirl it around. When hot, add salt, kale, and garlic. Stir-fry for 2 minutes, until kale just wilts and leaves are coated in oil. Sprinkle kale with sesame seeds and toss well.