

Tomato Kale Soup

- 1 quart water
- 1 bunch kale, chopped
- 1/4 red cabbage, chopped
- 1 potato, peeled and cubed
- 1 large carrot, chopped
- 5 garlic cloves, minced
- 2 medium tomatoes, crushed
- 1/2 teaspoon coriander
- 1 teaspoon dill
- 1 tablespoon onion powder

Put vegetables into a pot with the water, bring to a near boil, simmer, covered, 20 minutes or until vegetables are tender. Add spices & simmer a couple more minutes. Serve hot.

Kale and Potato Soup

- 1 bunch kale
- 2 garlic cloves, finely chopped
- 2 tablespoons light olive oil
- 1/2 teaspoon salt
- 1 lb. potatoes, peeled and cut into 1/2-inch dice
- 6 cups chicken broth
- 1/2 lb. spicy sausage, sliced
- 1/2 tablespoon light olive oil
- 1 finely chopped yellow onion

Remove tough stems from kale. Wash & dry leaves; cut crosswise into 1/4-inch ribbons. In a saucepan, saute onion in oil over medium heat until soft; add garlic. Add kale, potatoes, salt & chicken stock. Simmer until kale is completely tender & potatoes are falling apart, one hour. In a pan, fry sausage slices in oil & drain on paper towels. Add to soup. Continue cooking soup for another 15 minutes to allow the flavors to blend. Season with salt & pepper to taste. Serves 4.

Braised Kale Crostini

- 12 1/2-inch thick Italian bread slices
- 8 tablespoons olive oil
- 5 large garlic cloves, 1 halved and 4 minced
- 1/2 teaspoon dried crushed red pepper
- 1 pound kale, thick ribs and stems cut away,
- 3-1/2 cups chicken broth

leaves sliced

Preheat oven to 375 degrees. Brush bread slices with 2 tablespoons oil; arrange bread on a baking sheet. Bake until the bread begins to color; about 6 minutes. Rub the toast with the halved garlic. Heat 4 tablespoons oil in a pot over medium-high heat. Add minced garlic & red pepper; stir 30 seconds. Add kale & chicken broth; bring to a boil. Reduce heat, cover & simmer 15 minutes. Uncover & continue to simmer until kale is tender & broth has evaporated, stir often. Season to taste with salt & pepper. Top toasts with kale. Drizzle with remaining oil & serve. Makes 12.

Kale With Sauteed Apple and Onion

- 1 apple
- 2 tablespoons olive oil
- 1 onion, cut into 1/4-inch wedges
- 1/4 teaspoon curry powder
- 1 bunch kale, tough stems and ribs removed and leaves coarsely chopped
- 1/2 cup water

Peel, quarter & core apple; cut into 1/4-inch thick wedges. Heat oil in pot over moderately high heat until hot but not smoking; saute onion, stir often, until golden. Add apple & curry powder; saute until apple is almost tender, about 2 minutes. Add kale & water; cook, covered, stir often, until kale is tender & most of the liquid is evaporated. Season with salt. Serves 2.

Stir-Fried Kale and Spinach with Hazelnuts

- 1 bunch each, spinach and kale - washed and drained, but not dried
- 1/2 C. hazelnuts
- 4 large garlic cloves, minced
- 2 Tbs. olive oil
- 1 med. onion, chopped
- salt and pepper

Toast the hazelnuts in an ungreased skillet over medium-high heat, stirring frequently, until the nuts are darkened in spots, 5 to 7 minutes. Cool enough to handle, coarsely chop and set aside.

Heat the oil in a large saute pan or wok. Stir in the onion and garlic and saute over med. heat until translucent, about 5 minutes. Add the greens in batches, stirring them down after each addition, until all are in the pan. Stir-fry until tender, 8 to 12 minutes. Stir in the hazelnuts and salt and pepper to taste. Toss gently and serve right away.

Variations: Add a dash of orange or lemon juice when stirring in the hazelnuts. Garnish with lemon or orange zest.

Roman Kale and Leek Flan

- 2 large leeks, white parts only, chopped
- 1 Tbs. butter
- 3/4 lb. kale, stems discarded, leaves chopped
- 1 Tbs. olive oil
- 1 C. veggie or chicken broth
- 3/4 C. water
- 1/2 C. coarsly grated Pecorino Romano cheese
- 2/3 C. heavy cream
- 1 large whole egg + 2 large egg yolks

** Special Equipment: 8 ramekins

Wash leeks well and drain. Cook leeks in butter and oil in heavy pot over med heat, stirring, about 6 minutes. Stir in kale and cook, covered about 2 minutes. Add broth and water and simmer, uncovered about 8 minutes. Puree kale mixture in batches in blender until very smooth. Pour through a fine mesh sieve into a bowl, pressing on and discarding solids. Preheat oven to 325 degrees. Whisk together whole egg, yolks, and kale puree in a bowl. Pour cream mixture through sieve into kale mixture and whisk to combine. Divide among buttered ramekins and bake, uncovered, in a water bath until set, 30-35 min. (centers will be slightly wobbly). Transfer to rack with tongs and cool 5 minutes before serving.