



Slow-Cooked Kale

(ADAPTED FROM SUZANNE GOIN, BON APPETIT)



Yield: Makes 1 ½ cups

Ingredients

- 1 lb kale (~2 bunches), center ribs and stems removed
- ¼ cup + 2 tbsp olive oil
- ½ sprig rosemary
- 1 cup yellow onion, sliced (~1 medium sized onion)
- 2 garlic cloves, thinly sliced
- salt and pepper to taste

Optional

dried chili

Instructions

Bring a large pot of salted water to a boil over high heat. Working in 2 batches, blanch kale for 2 minutes per batch. Drain, let cool and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add ¼ cup oil, rosemary sprig, and chili. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with ½ teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with ¼ teaspoon salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chili.

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Description

Slow cooking the kale creates a milder and less bitter taste and a softer texture. The rosemary and onion add flavors reminiscent of pot roast or stew. This recipe is a great starting place to try kale in a new and exciting way!



Farmers Market Finds

- Kale
- Fresh Rosemary
- Fresh Garlic
- Onion



Grocery Store Grabs

- Olive Oil
- Salt & Pepper
- Dried Chili (optional)

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pdl.org/biblio-bistro.

Substitutes

Could use swiss chard, spinach or cabbage in place of kale.
Could use white or red onion in place of yellow onion.

Pairs with

This hearty side dish would be complemented with a traditional beef or pork roast, or stewed lentils. A pork loin would also be a delicious option. Roasted root vegetables or a rice pilaf would be a welcome (and tasty) addition to this dish as well.