

KALE

INFO SHEET



KALE 101

Kale is a staple here at Goldbush, we grow three different varieties and while they are interchangeable in recipes they do shine brighter for different uses.

Below is the best uses for each type that we grow at Goldbush:



Curly

Kale Chips

Red Russian

Salad and Stir Fry

Tuscan

Stir Fry and Soup

How to store:

Store kale in a plastic bag or green bag in your fridge vege drawer for up to 10 days. Kale becomes more bitter the longer you store it. If the leaves start going limp, try freshening them up in a bowl of ice water. (Or use them in a soup or pasta dish where they wilt down.)

Preparing your Kale:

Wash kale to remove dirt and debris. Kale may have aphids hiding beneath or between leaves. Dunking leaves in water should jar them, but you can also soak leaves in a vinegar solution. Use 1 to 2 tablespoons of vinegar per litre of water, and soak leaves for 20 to 30 minutes. After soaking, rinse leaves. To remove stems, fold leaves in half and tear or cut the central stem away. Roughly tear or chop leaves.

Massaging your kale:

Sounds weird, right? But massaging your kale will actually tender up those chewy leaves and sweeten their flavor too. Cut the leaves into chunks add a bit of olive oil and salt or lemon juice and gently massage them for a few minutes. Your leaves will darken and soften — making them much tastier to add into raw dishes.

Substitutes:

Spinach, cabbage, chard, mizuna, broccoli leaves, beetroot greens, rocket, radish greens, collards.



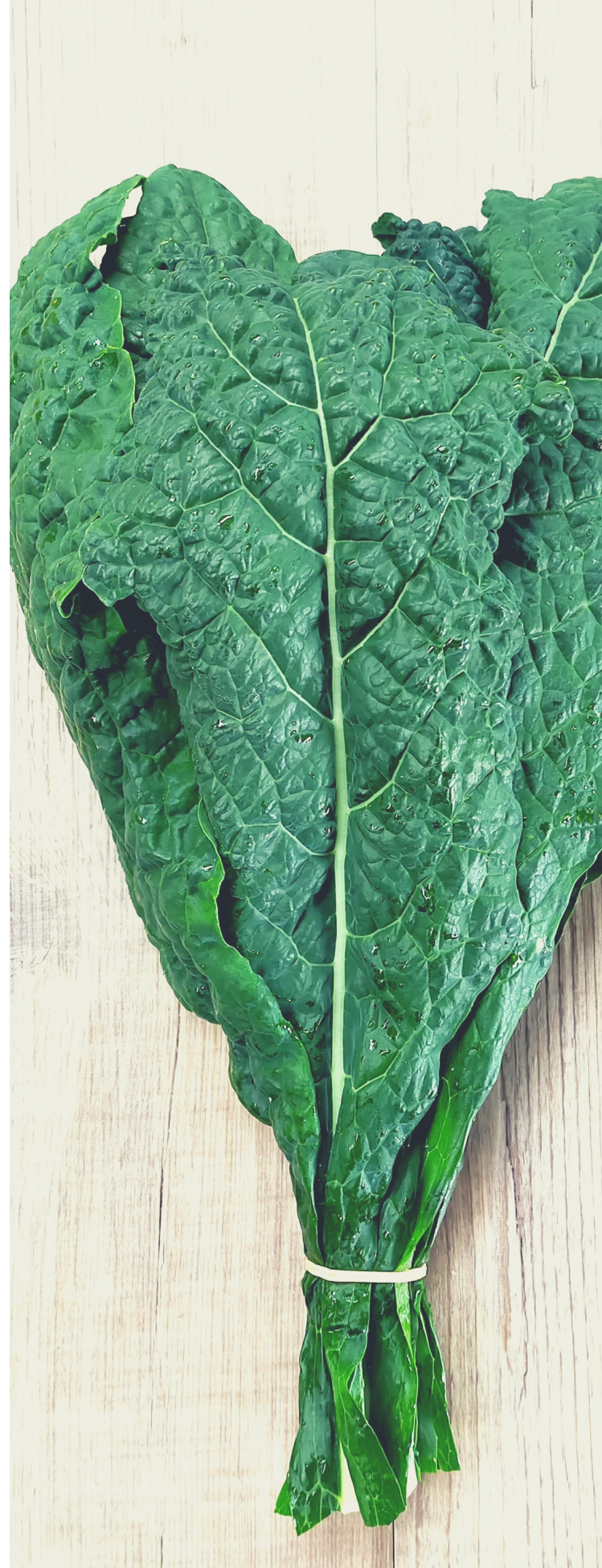
USING KALE:

Best Uses:

Raw in a salad
Soup
Wilted in pasta skillet meal
Quiche or Frittata
Slaw
Pesto
Chips
Braised
Smoothie
Sautéed
Lasagna
Juice
Pizza Topping
Gratin
Stir Fry

How to Freeze:

Blanch leaves for 2 minutes in a pot of boiling salted water. (Blanch stems separately for 3 minutes). Dunk leaves and stems in ice water to stop the cooking process. Use a spider strainer to fish leaves from the water. Dry leaves by placing them on a towel. Fill the towel with leaves, then roll it up and squeeze to remove excess water. Quick-freeze small clumps of kale individually on a baking sheet, or in an ice cube tray. After they're frozen, place clumps into freezer bags in bulk. Remove as much air as possible from bags before sealing. Good for up to 6 months.



KIA MANAHAU!
MICHELLE BUSBY



KALE RECIPES:



Kale Salad with Apples and Cheddar

Adapted from NYTimes Cooking OMG.

Ingredients:

4 cups very finely chopped or slivered curly kale or Russian kale

2 Tbsp coarsely chopped toasted almonds

1 apple (sweet or sweet-tart) cored and cut in 1cm dice

25g sharp Cheddar cheese, cut in 1cm dice

2 Tbsp fresh lemon juice

Salt to taste

1 very small garlic clove, puréed

5 Tbsp extra virgin olive oil

2 Tbsp freshly grated Parmesan

Directions:

Combine the kale, almonds, apple and cheese in a large bowl. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well just before serving. Sprinkle the Parmesan over the top, and serve.

Orecchiette with Sausage and Kale

Adapted from www.thekitchn.com

Serves 4, with leftovers

Ingredients:

500g orecchiette (small ear shaped pasta, any small pasta to substitute)

300g smoked chorizo or andouille sausage

Olive oil

About 4 cups kale, mustard greens, or another hearty green, torn into bite-sized shreds

1/2 cup chicken broth

1/2 cup toasted pine-nuts (optional)

1 can of cannellini beans, rinsed and drained

1 cup shredded Parmesan or Pecorino

Directions: Heat a large pot of salted water to boiling and cook the pasta according to package directions. When tender, drain and reserve 1/2 cup of the pasta water. Return the pasta to the pot and set aside. Meanwhile, slice the sausage on the diagonal into 1/2 inch slices. Heat a large sauté pan over medium high heat with a drizzle of olive oil. When hot, add the sausage and cook for about 5 minutes on each side, or until well-browned. Shove the browned sausage to the side and add the kale.

KALE RECIPES:



Pour the chicken broth in, cover, and cook for about 8 minutes, or until the kale is wilted and tender. Mix the kale, sausage, pine-nuts, cheese, cannellini beans, and reserved 1/2 cup of pasta water into the cooked pasta. Stir until heated through. Serve!

Kale Frittata

Adapted from mykitchenintherockies.com

This frittata is equally at home for breakfast or dinner. Sometimes I substitute bacon for the pepperoni or salami listed here. Serves 4.

Ingredients:

8 large eggs

3 Tbsp freshly grated Pecorino Romano or Parmesan cheese, divided

¼ tsp coarse kosher salt

¼ tsp freshly ground black pepper

3 Tbsp extra-virgin olive oil

3 spring onions, thinly sliced

1 bunch curly kale, stems and center ribs cut away, leaves coarsely chopped

60g pepperoni or thinly sliced Italian spicy salami, cut into ½-inch pieces (about ⅔ cup)

1 minced clove of garlic

Directions:

Whisk all the eggs, 1½ tablespoons cheese, ¼ teaspoon salt, and ¼ teaspoon pepper in large bowl. Heat olive oil in medium nonstick oven-proof skillet over medium heat. Add onion and sauté until tender but not brown, about 6 minutes. Add kale in 3 batches; toss until each begins to wilt before adding next. Sprinkle with salt and pepper. Sauté until any liquid in skillet evaporates. Increase heat to medium-high; add salami and garlic to skillet and stir 1 minute. Add eggs to skillet; stir to distribute evenly. Reduce heat to medium-low, cover, and cook until eggs are almost set but still moist in center, about 4 minutes. Sprinkle remaining 1½ tablespoons cheese over top. Transfer frittata to broiler and cook just until set in center and beginning to brown, about 1 minute. Using flexible spatula, loosen frittata around edges. Slide frittata out onto platter. Serve warm or at room temperature.

KALE RECIPES:



Two Bean Soup with Kale

Ingredients:

3 Tbsp olive oil
1 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped celery
1/2 teaspoon salt, divided
2 garlic cloves, minced
4 cups organic vegetable broth, divided
7 cups stemmed, chopped kale (about 1 bunch)
2 cans cannellini beans, rinsed, drained, and divided
1 can black beans, rinsed and drained
1/2 tsp freshly ground black pepper
1 Tbsp red wine vinegar
1 tsp chopped fresh rosemary

Directions:

Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in 1/4 teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender. Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining 1/4 teaspoon salt, vinegar, and rosemary.

Kale Pesto

Recipe adapted from FoodNetwork.com

1/3 cup walnuts
3 cups chopped kale
Kosher salt
1/2 cup grated parmesan cheese
1/2 cup extra-virgin olive oil

Toast the walnuts in a dry skillet until lightly browned; let cool. Pulse in a food processor until finely ground. Add the kale and 1/4 teaspoon salt and pulse until finely chopped. Add the parmesan and pulse to combine. Slowly pour in the olive oil, pulsing to incorporate. Transfer the pesto to a bowl. You'll have about 1 cup pesto; use about 1/2 cup for 400g pasta.