

KALE

Kale is a type of cabbage available with green or violet leaves (the latter is known as purple kale). Depending on the variety you choose, the leaves are more or less crisp.

Cut or break off the leaves from the coarse stems. The leaves can be eaten raw, but they are chewy and the flavor is not particularly appetizing. Shred the leaves very thinly or mix them into a salad, if you want to eat them raw. Otherwise, cook the kale in salted water to enhance its flavor and soften the leaves. Kale can also be blanched and added to salads or other dishes, such as pasta.

Kale will add a strong flavor and texture to soups and stews. Add the leaves at the end of the cooking time. You can also sauté kale or sprinkle it raw over root vegetables and then roast them in the oven until crispy. Deep-fried or oven-roasted and salted kale chips are tasty, crispy, and a great addition to a platter of appetizers.

Do not forget that kale shrinks a bit during cooking.



STORING

Kale is resistant to cold. Store in the fridge wrapped in a towel, preferably after spraying it with cold water. Or blanch, chill in iced water, and freeze.

SEASON

Kale is a hearty vegetable that can be planted from late spring through early summer and harvested continuously. It produces leaves until the first true frost. Greenhouse varieties are grown year-round.

GOES WELL WITH

Kale goes well with potatoes, root vegetables, onion, garlic, lemon, apple, pear, nuts, vinegar, honey, mustard, cream, goat cheese, egg, and bacon.

Kale with Parmesan, garlic, basil, lemon, and pasta. >

