

## Kale

### Potato & Kale Sauté

Posted by Carole Koch

- 1 pound potatoes, scrubbed
- 1 pound kale, stems removed
- 4 tablespoons butter
- 2 tablespoons minced shallots
- 1 teaspoon minced garlic
- 2 tablespoons olive oil
- 1 teaspoon stone-ground mustard
- 2 tablespoons sour cream
- 2 tablespoons lemon juice
- salt and pepper, to taste

Boil potatoes in lightly salted water until just tender when pierced with a knife. Drain and set aside. Cut large potatoes in halves or quarters; leave small ones whole.

Blanch kale in lightly salted water, cooking just until tender, 5 to 7 minutes. Drain and plunge into ice water to stop the cooking. Drain again and then chop leaves coarsely.

In a small skillet over moderately low heat, melt 2 tablespoons butter. Add shallots and garlic and sauté until fragrant, 2 to 3 minutes. Set mixture aside.

In a large skillet warm remaining butter and olive oil over moderately high heat. Add softened shallot-garlic mixture and sauté quickly to reheat. Add potatoes and sauté quickly to heat through. Add kale leaves and cook 20 seconds. Stir in mustard and sour cream. Add lemon juice and season to taste.

### Braised Lacinato Kale

- 3 bunches Lacinato (or green) kale (about 2 1/4 lbs.), leaves rinsed and tough center ribs cut out (see Notes)
- 1 tablespoon chopped garlic
- 1 tablespoon olive oil
- 1/4 cup dry white wine
- 1/2 to 2 cups reduced sodium chicken or vegetable stock
- 1 tablespoon kosher salt

- About 2 tsp. fresh lemon juice

## Preparation

1. Bring a large pot of water to boil. Chop kale into 1-in. pieces and add to pot. Cover and cook until slightly wilted, 3 to 5 minutes. Drain.

2. In a large frying pan or heavy-bottomed pot, cook garlic in olive oil over low heat, stirring often, until soft, about 3 minutes. Add kale and wine and cook, covered, until almost dry. Add chicken stock and cook, covered, until stock is almost evaporated and kale is very tender, about 30 minutes (if kale isn't tender, add more stock and continue cooking). Season to taste with salt and lemon juice.

## **Giant Crusty and Creamy White Beans with Greens**

Adapted from *Super Natural Cooking* by [Heidi Swanson](#)

- ½ pound medium or large dried white beans, cooked
- 3 tablespoons olive oil or clarified butter
- Fine grained sea salt
- 1 onion, coarsely chopped
- 4 cloves garlic, chopped
- ½ baby chard, washed and roughly chopped, or 1 bunch kale, cut into wide ribbons
- Fresh ground black pepper
- Extra virgin olive oil for drizzling
- Freshly grated parmesan for topping

Drain the beans, then heat the oil or butter over med-high heat in the widest skillet available. Add the beans to the hot pan in a single layer. If you don't have a big enough skillet, just do the sauté step in two batches or save the extra beans for another use. Stir to coat the beans with the oil/butter, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside and soft and creamy on the inside. Salt to taste, then add the onion and garlic and cook for 1 or 2 minutes, until the onion softens. Stir in the greens and cook until just beginning to wilt. Remove from the heat and season to taste with a generous dose of salt and pepper. Drizzle with a bit of top-quality extra virgin olive oil, and sprinkle with freshly grated parmesan. Serves 6-8 as a side dish.

## **BEAN AND KALE SOUP**

*Soup: A Way of Life* by Barbara Kafka

- 1 bunch kale, trimmed
- 1 teaspoon coarse salt, plus additional to taste
- 2 flat anchovy fillets (optional)
- 1/4 teaspoon fresh rosemary leaves or dried

- 1/3 cup (80 ml) olive oil
- 2 medium garlic cloves, smashed and peeled
- 1 cup (225 g) cooked small white beans or drained and rinsed canned beans
- 4 cups (1 liter) chicken or vegetable stock
- freshly ground black pepper, to taste
- 1/2 cup (60 g) small shell macaroni

In a medium saucepan, cook the kale with 1/2 cup (125 ml) water and the salt over medium heat until tender. Drain the kale, reserving any liquid that remains. Coarsely chop the kale.

Very finely chop anchovies together with the rosemary.

In a medium saucepan, stir together the oil and garlic over medium-high heat. Cook, stirring frequently, until the garlic is pale gold, about 10 minutes. Stir in the anchovies and rosemary. Cook, stirring for 1 minute. Discard the garlic. Stir in the kale and cook for 2 to 3 minutes, stirring to thoroughly coat it with the oil. Stir in the beans. Cook for 3 minutes.

Stir in the reserved cooking liquid and the stock. Season with salt and pepper. Bring to a boil and stir in the macaroni. Boil for 6 minutes, or until the pasta is tender. Adjust the seasoning, if necessary. (Makes about 5 cups (1.25 liters); 4 first-course servings.)

## **BEETS**

### **Chilled Beet Soup**

- 6 medium beets
- 2-3 bouillon cubes
- salt and freshly ground pepper
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- Optional: herbs or crème fraiche

Place about 2 quarts of salted water, 6 beets and bouillon cubes in pot and boil for about an hour (until beets are cooked through).

Allow to beets to cool, peel skin off beets, and cut into quarters.

Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until lightly browned, and allow to cool.

In batches, add sautéed onions, about 1 cup of beet stock, and cook beets in a blender, and pulse until liquefied.

Place back in pot and let cool in refrigerator. Ladle into bowls, and garnish herbs or crème fraîche.

### **Beet and Goat Cheese Salad with Pistachios**

- 3 large red beets (1 2/3 lb without greens)
- 2 large golden beets (1 lb without greens)
- 1/4 cup minced shallot
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup pistachio oil
- 4 oz soft mild goat cheese
- 3 tablespoons salted shelled pistachios (not dyed red), coarsely chopped
- 1 oz mâche (also called lamb's lettuce), trimmed (4 cups)

Special equipment: a 2 1/2-inch round cookie cutter (without handle; at least 2 inches high)

Preheat oven to 425°F.

Separately wrap red and golden beets tightly in double layers of foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets.

While beets are cooling slightly, whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a stream, whisking.

When beets are cool enough to handle, slip off and discard skins. Separately cut red and golden beets into 1/4-inch dice and put in separate bowls. Add 2 1/2 tablespoons dressing to each bowl and toss to coat.

### **Farfalle with Beets, Beet Greens and Pine Nuts**

- 1/3 cup pine nuts
- 4 tablespoons extra-virgin olive oil, divided
- 2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 3 garlic cloves, minced
- 2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
- 12 ounces farfalle (bow-tie pasta)
- 1/3 cup grated Parmesan cheese plus additional for serving

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes.

Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Meanwhile, cook beets in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer beets to medium bowl. Return water to boil. Add pasta to beet cooking liquid and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.