

JUN

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Simple Series :: Kale

ingredients

directions

simple — raw emerald kale salad

- 2 bunches kale, washed and dried; center ribs and stems removed
- ¼ cup olive oil
- 3 tablespoons sesame oil (not toasted sesame oil)
- ¼ cup soy sauce, tamari or nama shoyu
- 3 garlic cloves, minced or passed through a garlic press
- ¼ cup sesame seeds
- kosher salt
- fresh black pepper

Chop or tear kale leaves into bite size pieces. Place kale pieces into sealable container with olive and sesame oils. Vigorously shake container to bruise kale. Add soy sauce, garlic, sesame seeds and season to taste with salt and pepper. Shake again to combine and serve.

simpler — steamed sesame kale

- 2 bunches kale, washed and dried; center ribs and stems removed
- soy sauce, tamari or nama shoyu
- sesame oil (not toasted sesame oil)
- sesame seeds, toasted

Steam kale until bright green and tender, but not too wilted. If you have a small steamer, you may need to steam in two batches. Transfer kale to a large serving bowl. Toss with sesame oil to coat and sprinkle with soy sauce to taste. Add a generous sprinkling of sesame seeds.

simplest

- 1 bunch kale, washed and dried; center ribs and stems removed
- olive oil
- kosher salt

— or —

SEASONED SALT

Preheat oven to 250° degrees. Rinse, dry and remove center ribs and stems of kale. Tear into small, “chip-size” pieces. Toss kale with olive oil in a large bowl. Arrange leaves in a single layer on two large rimmed baking sheets or two racks set over baking sheets. Evenly sprinkle with **SEASONED SALT** or kosher salt. Bake until crisp, about 25-35 minutes. Transfer or leave on baking racks to cool.