

Cleveland County Kitchen
March, 2016
Food of the Month – Kale
Chef



Hippie Chick Crunchy Kale Chips

2 bunches of Curly Kale (approx. 2 lbs)

1/8-1/4 cup high quality olive oil - We're using Shelby's very own Uptown Olive Oil & More's Tuscan Herb Infused Olive Oil in all these dishes.

Coarse Sea Salt

Freshly Ground Pepper

Asst. favorite herbs/spices - We'll be using a Herbes de Provence and a Red Curry spice blend. Feel free to experiment!

Preheat oven to 350 F degrees.

Line two baking sheets with aluminum foil - spray lightly with Pam (or equivalent) spray.

Rinse the kale in cold water and dry thoroughly.

Lay each Kale leaf (vein side up) on a cutting board and cut out the hard center vein. You want to end up with similarly sized pieces. Put the Kale pieces in a large bowl and drizzle with whatever flavor olive oil you like - the possibilities are endless. Toss until lightly covered with the oil.

Divide the Kale between the two pans - don't overcrowd. Sprinkle with your favorite herbs/spices. We're doing one pan with the Herbes de Provence, coarse sea salt and freshly ground pepper; and the other with a Sprinkling of Red Curry, coarse sea salt and freshly ground pepper. Put the two pans in the preheated oven.

Here in the South where we have high humidity - you want to make sure you don't end up steaming the Kale - so open the oven door every 5 minutes to let any built up steam escape so the chips will end up nice and crispy. Use tongs and flip the chips over. Keep a close watch - don't let them burn! After about 12-15 minutes they should be perfect.

Serve immediately. Enjoy!

Made Available by:

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Old Fashioned "Boerenkool met Worst" - Dutch Curly Kale-Potato Dish with Kielbasa.

(for the Pressure Cooked version - please consult your manufacturer's safety instructions and recipe book for instructions and times to cook Kale and Potatoes).

2 lbs of Golden Idaho Potatoes - quartered - skin on (or peeled, if you prefer)
2 lbs of finely sliced Curly Kale
4 cups of water
4 oz of Bacon - cut in small pieces
1 13-16 oz smoked Kielbasa sausage of your choice
1 finely chopped Yellow Onion
1 finely chopped Garlic clove - or more - to taste
3 tbsp butter - cut in small pieces (or olive oil)
Heavy Cream (or Milk, or Broth, if you prefer)
Freshly Ground Pepper
Salt to taste

Serves 3-4.

Wash and cut your potatoes into 2-3 inch pieces. Rinse, cut off the hard stems, and chop the Kale very finely, Pour 4 cups of water (add 1/2-1 tsp of salt) into a large pan and bring to a boil - add the potatoes in the bottom of your pan, and then cover them with the Kale packed on top. Turn the heat to medium heat. Place your Kielbasa on top. Cover with the lid and cook until tender, about 40 min. Make sure to add more water if needed so the potatoes don't burn. Prick your potatoes with a fork to make sure they are tender and can be easily mashed.

While your potatoes and Kale are cooking, fry the bacon pieces in a frying pan until brown, add the chopped onion and fry until golden. Add the garlic until translucent. Put aside.

Once your Kale and Potatoes are done, remove the sausage and put aside.

Remove the Kale and Potato mixture from your pan and mash well - stir in the butter (or olive oil) and enough heavy cream (or milk, or broth) to make a smooth puree. If you have a standing mixer - use it. If you don't, a potato masher or even a wooden spoon will work fine. Stir in the bacon/onion/garlic mixture. Add salt and freshly ground pepper to taste.

Cut the sausage in slices, and place on top. Kids love it when you let them make a "Smiley Face" out of the sausage slices!

Enjoy your meal - or as we say in Holland "Eet Smakelijk!!"

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Italian Kale and Sausage Soup - Zuppa Toscana

- 1 package of Mild Italian Sausage (remove the casings)
- 4 oz of bacon - cut into small pieces
- 2 cups of water
- 1 32 oz container of chicken broth (low salt, organic)
- 2 large Russet potatoes - it's okay to leave the skin on - dice them into bite sized pieces of uniform size so they will cook evenly
- 1 onion - chopped
- 2 finely chopped cloves of garlic (or more - to taste)
- 2 cups finely chopped Kale
- Pinch of crushed red pepper, salt and pepper to taste
- 1 cup of Heavy Cream (or Half and Half)

Add the sausages to a heavy frying pan and break them up with a wooden spoon over medium heat (make sure to remove the casings!) until no pink remains. Drain any excess grease and set aside.

Fry the chopped up 4 oz of bacon and fry until golden brown and crispy - drain the grease - and set aside.

Put the broth, the 2 cups of water, the diced potatoes, the onion and garlic in a large pot over medium heat and simmer on a low boil for about 15 minutes - or until potatoes are cooked.

Add the sausage, the bacon and the kale to the pot and continue simmering for another 15 minutes.

Let the soup cool slightly and add the 1 cup of heavy cream. Do not let the soup boil after adding the cream as it will curdle.

Add a pinch of crushed red pepper, and salt and pepper to taste.

Buon Appetito!

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