

# Kale Greens and Garlic Cooked in Duck Fat

from Paul Treuer and Dan Kislinger

**LC Delirious About Duck Fat Note:** A sign of any great recipe is that it begins by gently bathing garlic cloves in warm duck fat until they're imbued with ducky, fatty goodness, not unlike confit. (We should note that the authors suggest that you can swap olive oil for the duck fat. While not the same, it's lovely in a quite different way.) While the garlic cloves are then tossed in with the greens, garlic-imbued duck fat isn't called into use in this recipe. We can think of dozens of uses for it, perhaps none so tempting as diving right in, face first. If you wish to show a little restraint, however, simply reserve it to toss with potatoes or bone-in, skin-on chicken prior to sautéing or roasting. You won't be disappointed.

## Ingredients

### For the duck-fat-roasted garlic

**Note:** Paul got duck fat from Clancy's Deli in Minneapolis. You can use olive oil if you can not get duck fat.

- 1 cup rendered duck fat
- 12 small garlic cloves, peeled and tough stem ends removed

### For the Kale greens

- 2 bunches Kale greens, or other hearty greens such as Dandelion, spinach or Swiss chard (about 1 pound total)
- 2 tablespoons rendered duck fat
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 12 small cloves duck-fat-roasted garlic

## Directions

### Make the roasted garlic

1. Place the duck fat and garlic in a small, heavy bottomed sauté pan over low heat. Slowly bring the mixture to a simmer. Cook just until the garlic begins to turn light golden brown. The garlic will turn too dark quite easily, so keep an eye on it. If it cooks too much, it will taste bitter and unpleasant. Turn off the heat and let the garlic cool in the fat for about 30 minutes. The garlic will continue to brown slightly as they sit in the fat.
2. Remove the garlic from the fat. If not using the garlic immediately, store the garlic and fat separately in covered containers in the refrigerator for up to 1 week. Let stand at room temperature for 1 hour before using.

### Prepare the Kale greens

1. Trim the ends from the Kale greens and discard. Wash the greens thoroughly and drain.
2. If the greens are young, slice them into 2-inch-wide ribbons. If the greens are mature and relatively tough, bring a large pot of salted water to a boil. Drop the greens into the boiling water and cook for 1 minute. Drain well in a colander. Rinse with cold water.
3. Heat the rendered fat in a large sauté pan or cast-iron skillet over medium-high heat. When the fat is hot, add the greens, stirring to coat with the fat. Add the salt, pepper, and garlic cloves. Cook, stirring frequently, until the greens are just tender, 2 to 3 minutes. Serve immediately