



Kale Greens and Garlic Cooked in Duck Fat  
Recipe 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 Tbsp. rendered duck fat

½ tsp. kosher salt

¼ tsp. 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.



## **Kale Spread**

By Kate Cartier

In food processor, combine:

1½ cups coarsely chopped kale

1 large garlic clove, smashed

6 olives (green or black)

¼ cup onion

3 Tbsp. olive oil

1 Tbsp. seasoning of choice, or 1 Tbsp. Worcestershire

2 8-oz. packages of cream cheese (or substitute tofu for 8 oz.)

Spread on crackers, baguette, pita and enjoy!!

## **Sautéed Kale**

### **INGREDIENTS**

kale

bacon

garlic

black pepper

Sauté with a bit of olive oil, and enjoy!

## **Kale and Cheese Squares**

### **INGREDIENTS**

4 oz. butter

3 eggs

1 cup flour

1 cup milk

1 tsp. salt

1 tsp. baking powder

1 pound Monterey Jack cheese, grated

4 cups chopped, fresh kale

### **DIRECTIONS**

Melt butter in a 9x13 inch pan. Beat eggs. Add flour, milk, salt, and baking powder. Add cheese and kale, mixing well. Spread into pan and bake at 350 degrees F. for 35 minutes. Cool 30 minutes before serving. Cut into squares. These freeze well in plastic bags.



### **Kale chips recipe courtesy of Food Network Magazine**

#### **INGREDIENTS**

1 bunch kale  
2 Tbsp. olive oil  
2 cloves of garlic, sliced  
Salt  
Pepper  
Lemon juice  
Parmesan  
Mayo

#### **DIRECTIONS**

Tear the leaves off 1 bunch kale  
Toss on a rimmed baking sheet with 2 Tbsp. olive oil, 2 sliced garlic cloves, salt, and pepper. Roast in a 425 degree F. oven until crisp, about 15 minutes, stirring halfway through. Squeeze some lemon juice on top. Sprinkle with Parmesan cheese and serve with lemon mayo. Dipping sauce.

### **Kale Chips By DCGP**

Healthy snack  
Serves: 2-4 people  
Prep time: 5 minutes  
Bake time: 20-30 minutes

#### **INGREDIENTS**

1 bunch of kale leaves  
1 Tbsp. vinegar  
1 Tbsp. olive or vegetable oil  
Any seasoning of your choice—Italian seasoning, chili powder, a little salt...

#### **DIRECTIONS**

Heat oven to 350 degrees F. Wash kale, pull off tough stems and tear leaves into bite-sized pieces. Toss in a bowl with vinegar, oil and seasoning(s) of your choice. Spread in a single layer on a cookie sheet. Bake for 20–30 minutes, stirring occasionally, until they are very crisp but not browned. Enjoy warm or cooled to room temperature.



## **Kale Kimchi**

One Vegetable, One Community  
Iron Kale Chef Cook-off Recipes  
August 6, 2011  
Chester Creek Café  
Created by Chef Bruce Wallis

### **INGREDIENTS**

3 quarts chopped kale  
2 quarts chopped Napa cabbage  
1 cup sugar  
¼ cup kosher salt  
2 cups shredded carrot  
2 cups thinly sliced green onion  
½ Tbsp. red pepper flakes  
2 Tbsp. whole mustard seeds  
3 Tbsp. fish sauce  
3 Tbsp. tamari  
2 Tbsp. sesame oil  
½ cup rice wine vinegar  
2 Tbsp. sherry vinegar  
1 Tbsp. sambal oelek

### **DIRECTIONS**

Place greens in a bowl and sprinkle with sugar and kosher salt. Let rest for an hour to draw out the moisture. When greens become limp, toss and taste. They should taste sweet and salty, but if they are excessively salty, rinse slightly.

Mix with remaining ingredients and pack into an appropriate container. (We use a two-quart Lexan container with a tight-fitting lid). Kimchi will be ready to serve after an hour, but better after two days. Store, lidded, under refrigeration for up to two weeks.



## **Kale Ssamjang**

Courtesy of Bruce Wallis, Chester Creek Café, 2011

### **INGREDIENTS**

¼ cup rice flour  
⅔ cup miso  
¾ cup Sriracha sauce  
¾ cup sambal oelek  
⅓ cup honey  
½ cup sesame oil  
¼ cup minced garlic  
2 cups chopped kale, packed  
¼ cup toasted sesame seeds

### **DIRECTIONS**

Bring four quarts of salted water to a boil. Quickly blanch kale (about 45 seconds), remove, and shock in ice water. Drain and squeeze out excess moisture.

Combine blanched kale with remaining ingredients in a food processor and process until a slightly chunky sauce is obtained.



## **Kale and White Bean Pasta**

### **INGREDIENTS**

2 Tbsp. olive oil  
1 cup diced onion  
2 cloves garlic, minced  
½ tsp. red pepper flakes, crushed  
2½ pounds kale, chopped into one-inch pieces  
2 cups fresh or canned tomatoes, chopped  
1½ cups vegetable broth  
Salt and freshly-ground black pepper, to taste  
2 cups canned or cooked great northern beans  
¾ oil-cured black olives, pitted and coarsely chopped  
1 12-oz. package pasta (gluten free penne regatta)  
¼ cup grated Parmesan cheese (optional)

### **DIRECTIONS**

In a large heavy-bottomed skillet over medium high heat, heat the oil and sauté the onion about five minutes, until softened. Add garlic, pepper flakes, and half of the kale and cook about two minutes, stirring occasionally, until the greens are wilted and the garlic is fragrant.

Add remaining kale, tomatoes, and salt to taste, then cover and bring to a boil. Reduce heat to medium and cook until soupy, about 15 minutes, stirring occasionally. Add beans and olives, stirring to combine.

Cook pasta in a pot of boiling salted water according to package directions. When al dente, drain pasta and add it to the kale mixture. Cook about two minutes over medium heat, then sprinkle with Parmesan, if using, season to taste with salt and pepper, and serve.

Serves 8.

Read more: <http://www.care2.com/greenliving/tuscan-kale-and-white-bean-pasta.html#ixzz1c6vBvERC>



### **Summery One-Pot Dish With Kale, Tomatoes and Cheese**

Prep Time: 45 mins

Total Time: 1 hrs 5 mins

Servings: 4

#### **INGREDIENTS**

2 pounds fresh kale

1½ cups water

1½ pounds potatoes, peeled and cut into quarters ( about 6 medium)

½ cup white wine

butter or margarine

2 onions, peeled and minced

1 garlic clove, peeled and minced

1 pound tomatoes, washed and quartered

1 tsp. chopped fresh basil or ⅓ tsp. dried basil

1 tsp. chopped fresh marjoram or ⅓ tsp. dried marjoram

1 pinch sugar (optional)

salt and pepper, to taste

½ lb grated Gouda cheese

#### **DIRECTIONS**

Strip leaves from tough stalks and chop. Discard tough stalks. Chop leaves and tender stalks. Combine prepared kale with 1½ cup water. Bring to a boil. Add potatoes and wine. Simmer for 30 minutes or until very tender. Only a little liquid will be left.

Using a potato masher or electric mixer, beat until potatoes and kale are thoroughly blended. Set aside.

While kale and potatoes cook, melt 2 Tbsp. butter or margarine in saucepan. When butter is lightly browned, add onions and garlic. Cook until onions are translucent. Now add tomatoes and herbs. Cook until tomatoes are soft. Taste, and add sugar, salt, and pepper to season. Pour into a blender and blend to obtain a medium-thick sauce.

To assemble, butter a two-quart oven proof dish and layer the ingredients, beginning with the kale mixture, then tomato sauce, then cheese; repeat once more and top with cheese. Bake in preheated 350 degree F. oven until hot and bubbly, about 20 minutes.



### **Dairy Free Kale Smoothies**

Courtesy of Jahn Hibbs, community gardener, 2011.

Healthy snack

Makes one serving

Prep time: 5 minutes

To make a single, 8-oz. smoothie:

#### **INGREDIENTS**

¼ cup (2 oz.) mixed berries

¼ cup mashed banana

½ cup kale, washed, chopped & blanched\*

¼ cup soy milk

a few ice cubes (optional)

1 Tbsp. apple juice concentrate for sweetness

#### **DIRECTIONS**

Combine all ingredients in a blender and puree to desired smoothness. Add additional soy milk if needed to reach desired consistency.

\*Blanching kale makes it more mild tasting. To blanch, simply toss clean, chopped kale in a pot of boiling water for 2–3 minutes until tender but still bright green. Rinse for an equal amount of time in cold water to stop the cooking (or you'll get brownish, mushy kale.)





## **Veggie Loaf with Kale**

From Moosewood Restaurant Cooks at Home

### **INGREDIENTS**

½ cup cooked brown rice  
½ cup cooked lentils  
2 cups low fat cheddar cheese  
1 cup wheat germ or oatmeal  
1 cup sunflower seeds  
1 onion, chopped fine  
½ cup green pepper, chopped fine  
2 cups kale, chopped fine  
½ cup shredded carrot  
4 eggs, beaten  
2 Tbsp. soy sauce  
1 Tbsp. dry mustard  
½ tsp. thyme  
½ tsp. marjoram  
½ tsp. sage  
Catsup

### **DIRECTIONS**

Combine all ingredients and form into log. Line baking pan with parchment paper, place veggie loaf on parchment lined pan. Bake in 350°F. oven for 40 minutes. Top veggie loaf with catsup then return to oven and bake for an additional 15 minutes or until lightly browned. Serves 10.

Hint: Chop large amount of kale in food processor. Store in tightly sealed plastic bag. Kale is then instantly ready for a veggie loaf, smoothie, salad, or to put in scrambled eggs.



### **African Pineapple Peanut Stew**

Submitted by Jen Stenerson and Melissa Boyle

Yield: 4 servings

West African-inspired, this is a rich and very fresh-tasting stew, eclectic and surprising in its combination of ingredients. If you have a few extra leaves of kale, put them in; this stew can absorb lots of greens. Serve on rice, millet, or couscous, topped with crushed peanuts and chopped scallions.

#### **INGREDIENTS**

1 cup chopped onions  
2 garlic cloves, minced or pressed  
1 Tbsp. vegetable oil  
1 bunch kale or Swiss chard (4 cups sliced)  
2 cups undrained canned crushed pineapple (20-oz. can)  
½ cup peanut butter  
1 Tbsp. Tabasco or other hot pepper sauce  
¼ cup chopped fresh cilantro  
salt to taste  
crushed skinless peanuts  
chopped scallions

#### **DIRECTIONS**

In a covered saucepan, sauté the onions and garlic in the oil for about 10 minutes, stirring frequently, until the onions are lightly browned. While the onions sauté, wash the kale or Swiss chard. Remove and discard the large stems and any blemished leaves. Stack the leaves on a cutting surface and slice crosswise into one-inch-thick slices.

Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale or chard, cover, and simmer for about 5 minutes, stirring a couple of times, until just tender. Mix in the peanut butter, Tabasco, and cilantro and simmer for 5 minutes. Add salt to taste, and serve.



## **Snow Garden Cake**

By Shannon Szymkowiak

Cake:

### **INGREDIENTS**

8 oz. unsweetened chocolate  
¾ cup butter  
1¾ cups brewed coffee  
1 tsp. vanilla  
2 large eggs  
1 bunch kale, cleaned and stems removed  
1-2 cups water  
2 cups cake flour  
1¾ cups evaporated cane juice  
1 tsp. baking soda  
1 10-oz. jar of blueberry or mixed berry jam  
2 Tbsp. maple syrup

“Snow” aka Frosting:

### **INGREDIENTS**

2 cups powdered sugar, sifted to remove any lumps  
¼ cup butter, room temperature  
8 oz. cream cheese, room temperature  
2 tsp. vanilla

### **DIRECTIONS**

Preheat oven to 275 degrees F. Grease and flour two 8 ½x4 ½” loaf pans and set these aside. Over low heat, combine the chocolate, butter, and coffee and stir continually until the chocolate has melted and everything is smooth and incorporated. Set this aside to cool for 15 minutes.

While the chocolate is cooling, steam the kale until tender. Remove from steamer and puree in a food processor or blender until smooth, using the water to get the right consistency. You may not use all of the water depending on your kale variety. The consistency of the puree should be wet and smooth but not runny. Combine ¼ cup kale puree to the jam and maple syrup. Set aside.

After your 15 minutes are up, add ½ cup kale puree, vanilla, and eggs to the chocolate mixture and beat until smooth and well incorporated. Sift together all dry ingredients and stir into the chocolate mixture until batter is smooth. Divide the batter between the two loaf pans. Bake for 45 minutes to one hour, or until a toothpick inserted in the center of the cake comes out clean. Cool in the pans for 15 minutes, then remove from the pans and cool on racks until the cakes are at room temperature.

While the cake is cooling, make the frosting by beating together all of the frosting ingredients until the mixture is smooth and spreadable.

Once the cakes are at room temperature, cut each one in half to make two layers. Divide the jam mixture evenly between the two cakes and spread evenly on the center layer. Replace the tops. Spread a thick layer of frosting on the tops of the cakes. If you have extra frosting left over, it does freeze well for a future quick dessert.





## **Spinach-Rice Casserole**

From Moosewood Cookbook, submitted by Coral McDonnell

40 minutes to prepare. (Get everything else ready while the rice cooks.) About 40 minutes more to bake.  
Yield: About six servings

The original version contained 4 eggs. This one has only 2, and they're optional. Also, you can experiment by replacing some or all of the spinach with other greens: mustard, kale, collard, etc.

### **INGREDIENTS**

2 cups uncooked brown rice (long or short grain)  
1 Tbsp. butter, margarine, or olive oil  
2 cups onion, minced  
2 pounds spinach, fresh, stemmed, and finely chopped  
1 tsp. salt  
4–5 medium cloves garlic, minced  
¼ tsp. nutmeg  
¼ tsp. cayenne  
black pepper, to taste  
1–2 tsp. prepared mustard (optional)  
½ cup sunflower seeds  
2 eggs, beaten (optional)  
1 cup milk, lowfat (optional)  
1½ cups cheddar, grated, packed  
paprika

### **DIRECTIONS**

Place the rice in a medium-sized saucepan with 3 cups water. Cover, bring to a boil, then lower to the slowest possible simmer. Cook, covered and undisturbed, for 35–40 minutes. Remove from heat, transfer to a medium-sized bowl, and fluff with a fork.

Preheat oven to 350 degrees F. Oil a 9x13-inch pan.

Heat the oil in a deep skillet. Add onion, and saute 5–8 minutes, until soft. Add spinach, salt, and garlic, and cook about 5 minutes more over medium heat, stirring frequently. Add this to the rice, along with the seasonings and half the sunflower seeds. Mix well.

Purely optional: Beat together eggs and milk, and stir this into the spinach-rice mixture, along with the grated cheese.

Spread into prepared pan, sprinkle with the remaining sunflower seeds and dust with paprika. Bake uncovered for 35–40 minutes until heated through and lightly browned on top.



## **Polenta with Kale and Red Beans**

by Jamie Zak

4–6 cloves garlic, chopped  
half an onion, chopped  
3 Tbsp. butter (1 Tbsp. for sauteeing, 2 Tbsp. for polenta)  
1 Tbsp. olive oil  
¼–½ tsp. salt  
15 oz., or so, cooked kidney beans  
1 bunch, or so, kale

1 cup cornmeal  
2 cups milk  
1½ cups water  
½ tsp. salt

Heat the oven to 350 degrees.

Sauté garlic, onion, butter, olive oil, and salt. Add kidney beans and sauté longer. Add kale. Mix well and wilt until tender (may need a cover).

To make the polenta, add 2 cups milk, 1½ cups water and ½ tsp. salt to a saucepan and bring to a boil. Reduce the heat to simmer and slowly whisk in the cornmeal. Cook, whisking, until the mixture is thickened to the consistency of mashed potatoes, about 5 minutes. Add 2 Tbsp. butter and 1–2 cups shredded mozzarella, parmesan, romano, or whatever, cheese. Put into an oven-safe casserole dish and bake until "springy" to the touch.

Layer the contents of the sauté pan on top of the baked polenta and serve.