



We're moving steadily forward with our Ingredients Alphabet gig. K? Well it's Kale season, it would have been rude not to?.

Kale with Onion and Bacon

Ingredients:-

Kale (Obviously!)
1 medium Onion sliced
3 rashers of streaky Bacon, chopped
Salt & Pepper
1 clove of Garlic, crushed
Oil to fry

Method:-

- (1) Blanch the Kale for a couple of minutes.
- (2) Add the Onion and Garlic to a frying pan and fry until the Onion is translucent.
- (3) Add the Bacon and fry for a couple of minutes.
- (4) Season with Salt and Pepper.
- (5) Add the blanched Kale and stir well for a couple of minutes.

Crispy Kale

Ingredients:-

Kale, chopped

Method:-

- (1) Blanch the Kale for a couple of minutes.
- (2) Drain well.
- (3) Pre-heat oil to 180C in a deep fat fryer or similar.
- (4) Fry the Kale until crispy and drain well on kitchen paper.

Kale might be a bit of a primitive Brassica, but it has so much more flavour than the generic white Cabbage alternative.