

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.