

Braised Kale

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour

Chef's Notes

This vegetable is heavenly! It makes a super side dish to most any 'main' and it's a great way to eat your veggies.

Step 1: Preparing and Cooking the Mirepoix

- 1 medium onion
- 2 large cloves garlic
- 2 tbsp grapeseed or coconut oil
- 2 tbsp oil or butter* (optional)

To start, finely dice the onion and émincé the garlic.

Next, heat a large heavy bottomed pot over medium heat. Add the oil and sauté the onions for about 5 minutes or so. *Note: For plant-based, use a non-dairy butter such as Earth Balance or omit the oil all together and dry-sauté the onions with a bit of stock or water.

At this point, jump ahead to Step 2.

Step 2: Preparing the Kale

- 2 lb kale, preferably flat leaf (can also use Swiss chard or collard greens)

To prepare the kale, clean and cut off any thick stems. Cut into roughly 1" -inch pieces.

Step 3: Adding the Kale

Once the onions are translucent and just starting to take on nice color, add the garlic and sauté for about 30 seconds, until it releases its aroma.

Add the kale and sauté until it just starts to wilt. This should only take a minute or two.

Step 4: Adding the Stock

- 2 cups flavorful stock

Once the kale has wilted add the stock.

Stir to combine and bring just to a boil. Reduce the heat, cover and let simmer until the kale is very soft, about 30 minutes. Stir occasionally.

Step 5: Finishing Touches

- 1 tbsp sherry or red wine vinegar (optional)
- sea salt, to taste
- freshly ground black pepper. to taste

Once the kale is nice and tender, taste for seasoning. If you are serving something heavy with the kale such as roasted pork, you can add a tablespoon of nice vinegar to brighten up the flavor and give the kale a bit of a punch.

Add salt and pepper to taste and serve.