

Martha Benedict's Kale Recipes for the Bone Health Club, April 2011

(EVOO = extra virgin olive oil)

KALE

Kale is an excellent non-oxalic containing leafy green known for its incredible nutritional value. Here are a few suggestions for introducing it into a person's culinary repertoire. When introducing kale, it is useful to add it to a familiar recipe in shredded state as it has a tough central stem. If you can't find small leaves (4-6"), cut out the central stem and discard.

Winter kale presentation:

1 rutabaga

1/2 small celery root

Shitaki mushrooms sliced thin

1 bunch of small (4-6") kale leaves

3-4 tablespoons bone broth

pinch sea salt or sal gris

pat of butter or plugra or extra-virgin olive oil

Using a mandolin veggie slicer cut rutabaga in large julienne slices.

Add celery root and shitakis in very thin julienne slices. Begin simmering them in a pot in 3-4 tablespoons bone broth and pinch salt. When half cooked (3 minutes), add pieces of shredded kale. Simmer another few minutes until the rutabaga turn a brighter yellow and the kale a shiny green and tastes cooked. Turn off heat. Add butter or oil and mix into the veggies.

I add shredded kale slices to veggie soup, stir fries, mixed veggies roasted with meats or fowl.

Here's a quickie:

Shredded kale

Other greens in season such as baby spinach, dandelion, chard, mustard, green onions, wild-crafted greens, purslane, thistle leaves, sea lettuce, etc.

Extra-virgin olive oil 91-3 Tablespoons

Crushed garlic to taste

Unpasteurized tamari soy sauce (or unpasteurized vinegar)

Sautee garlic /onions on high heat in wok in EVOO until beginning to turn. Add greens and bit of soy sauce (or vinegar) and stir. Usually finished in 1-2 minutes. Remove from heat and serve immediately.

Another variation of this is to cut one piece of organic bacon into tiny pieces, fry and add to the stir fry. This salt source works well with the vinegar.

Kale Soup

I will often make a lentil or bean soup. Then 15 minutes before serving it will sautee garlic (LOTS) in EVOO, add chopped kale (and other greens). When just about complete, I'll turn off the heat, add to the pot of lentil or bean soup, add juice of ½ to 1 lemon and serve. Garnish with yogurt, kefir, or sour cream and chopped parsley.

Some times I puree the lentils or beans in the blender or cuisinart and set aside. Then I'll puree the cooked green mixture. In the bowl, I'll put one ladle of beans and a second of greens before garnishing. It looks like a Yin and Yang (dark and light).

Bean soup comments:

I soak the beans for a day. Discard the water. Cook in bone broth. Often add celery, onion, carrot, sea salt or organic ham hock or bacon rind. Some times I'll juice fresh veggies (tomatoes, carrots, celery, parsley) and cook the beans in freshly squeezed juice in stead of bone broth. Some times I'll cook the beans in my sister's organic heritage tomato sauce or stewed tomatoes in place of bone broth. Everything you do changes the outcome and makes for discovery at the table.

Remember you need to train the palate.