



Another delicious recipe
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U-PICK ORCHARD

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KALE WITH GARLIC AND BACON

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 20 MINUTES

This is a beautiful, savory dish that's easy to make, nutritious with the vitamin-rich kale, and delicious with the bacon and garlic.

2½ pounds kale (about 4 bunches), tough stems and center ribs cut off and discarded

4 bacon slices (½ pound), cut into ½-inch pieces

4 garlic cloves, finely chopped

2 cups water

Salt and freshly ground black pepper to taste

1. Stack several kale leaves on top of one another and roll up lengthwise into a cigar shape; cut them crosswise into ¼-inch-wide strips with a sharp knife. (This method is called chiffonade, and it efficiently cuts greens into long, even strips.) Repeat this with the remaining kale leaves.
2. Cook the bacon in a wide 6- to 8-quart heavy pot over moderate heat, stirring occasionally until crisp. Transfer the bacon with a slotted spoon onto paper towels to drain.

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3. Pour off and discard all but 3 tablespoons of the bacon fat from the pot. Then cook the garlic in the remaining fat over moderately low heat, stirring until it turns pale golden (about 30 seconds).
4. Add the kale (don't worry if it completely fills the pot—it will cook down quickly) and sauté, turning it with tongs until it is just wilted and bright green, 1 to 2 minutes.
5. Add the water and simmer the kale, partially covered, until just tender, 6 to 10 minutes. Drain off any excess water, season the kale to taste with salt and pepper, and toss with the bacon. Serve immediately.

Cooking Tip: Large kale leaves are easier to cut in the chiffonade manner described in this recipe. If all you can find are small leaves, just coarsely chop them.

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