

Place currants in small bowl; add 5 tablespoons white balsamic vinegar. Let soak overnight. Drain currants.

Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, currants, and pine nuts; toss to coat. Let marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

KALE CHIPS WITH LEMON YOGURT DIP

from *Food and Wine*

1 pound curly kale, stems and large inner ribs removed
1/4 cup extra-virgin olive oil
2 garlic cloves, minced
Salt and freshly ground pepper
1 cup fat-free plain Greek yogurt
1 teaspoon finely grated lemon zest
2 tablespoons fresh lemon juice

Preheat the oven to 375°.

In a bowl, toss the kale with all but 1 tablespoon of the olive oil and half of the garlic. Spread the kale on 2 baking sheets and roast in the oven for about 15 minutes, until crisp; shift the pans from top to bottom halfway through. Season the kale with salt and pepper and transfer to a large platter.

In a small bowl, whisk the yogurt with the lemon zest and juice and the remaining garlic and 1 tablespoon of oil. Season with salt and pepper. Serve with the roasted kale.

www.longbeachorganic.org
Phone: (562) 438-9000
Email: info@longbeachorganic.org



LBO COOKS: KALE

TUSCAN KALE AND WHITE BEAN SOUP WITH SAUSAGE

from *Food and Wine*

1/2 lb. sweet Italian sausage (about 3 links)
2 Tbs. olive oil
One-half small yellow onion, cut into small dice
1 medium carrot, cut into small dice
1 rib celery, cut into small dice
5 large cloves garlic, minced (about 2 Tbs.)
1/8 tsp. crushed red pepper flakes
Kosher salt and freshly ground black pepper
6 cups lower-salt chicken broth
1 lb. 3 oz. can cannellini or white kidney beans, rinsed and drained, or 2 cups cooked dried beans
1 lb. kale, rinsed, stems removed, leaves torn into bite-size pieces (8 cups firmly packed)
1 Tbs. fresh lemon juice
1/2 tsp. finely grated lemon zest (optional)

Remove the sausage from its casing and tear it by hand into bite-size pieces. Heat 1 Tbs. of the olive oil in a 4- or 5-quart heavy pot or Dutch oven over medium heat. Add the sausage and cook, stirring occasionally, until lightly browned, about 5 minutes. With a slotted spoon, transfer the sausage to a plate, leaving any rendered fat in the pot.

Add the remaining 1 Tbs. olive oil to the pot, increase the heat to medium high, and add the onion. Cook, stirring frequently, until fragrant and beginning to soften, about 2 minutes. Add the carrot and celery and cook, stirring frequently, until they begin to soften and brown, about 2 minutes more. Be sure to scrape any brown bits from the bottom of the pan. Stir in

the garlic, pepper flakes, 1/2 tsp. salt, and 1/4 tsp. pepper and cook, stirring, until the garlic is fragrant, about 1 minute more. Add the chicken broth and bring to a boil over high heat.

When the broth reaches a boil, reduce the heat to medium, add the sausage along with any collected juices, and half the beans. Mash the remaining beans with a fork or wooden spoon and add them to the pot, stirring to distribute. Stir in the kale, adjust the heat as necessary to maintain a gentle simmer, and simmer until the kale is tender, 15 to 20 minutes. Stir in the lemon juice and lemon zest (if using) and season to taste with salt and pepper.

KALE AND MUSHROOM EMPANADAS

inspired by *Bon Appetit*.

1 cup chopped onion
2 garlic cloves, chopped
4 cups chopped kale, large stems removed
2 cups mushrooms, sliced
1/2 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
3/4 cup ricotta cheese
1 recipe pastry dough (below) or pre-made, packaged dough
1 egg

Preheat oven to 375°.

Heat olive oil in a large skillet over medium-high heat. Add onion and sauté or until tender and lightly browned. Add garlic and kale, sauté 5 minutes. Add mushrooms and sauté until mushrooms and kale are tender. Stir in pepper, salt, and nutmeg. Remove from heat; cool slightly. Stir in ricotta.

If using dough recipe: Divide dough into 2. Roll out one portion of the dough about ¼ inch thick and cut disks out of dough, about a 5-inch circle. Spoon about 1/3 cup kale mixture on half of each circle, leaving a 1/2-inch border. Mix egg in small bowl with 2 tablespoons of water. Brush egg wash on bottom edge and fold dough over kale mixture until edges almost meet.

Crimp the edges with a fork or your fingers. Place turnovers on a baking sheet brush top with egg wash. Bake at 375° for 18 minutes or until golden brown. Let stand at least five minutes before serving; serve warm or at room temperature.

Basic Pastry Dough

3 cups flour
¼ teaspoon salt
6oz (1 ½ sticks) unsalted butter, cold and cubed
1 egg
¼ cup to ½ cup water, varies

Mix flour and salt together Blend in butter into flour mixture with hands until pea size balls form. Add in egg until blended. Add in ¼ cup of water and blend until dough clumps together. Add more water if dough is too dry Dough can be used immediately or refrigerated for later use (1-2 days)

Divide dough into 2. Roll out one portion of the dough about ¼ inch thick and cut disks out of dough.

KALE SALAD WITH PINENUTS, CURRANTS AND PARMESAN

from *Bon Appetit*

2 tablespoons dried currants (or raisins)
7 tablespoons white balsamic vinegar, divided
1 tablespoon unseasoned rice vinegar
1 tablespoon honey
1 tablespoon extra-virgin olive oil
1 teaspoon salt
2 bunches Tuscan kale (about 1 pound), center ribs and stems removed, leaves thinly sliced crosswise
2 tablespoons pine nuts, lightly toasted
Salt and Pepper to taste
Parmesan cheese shavings