

Santa Fe

CULINARY
ACADEMY

KALE CHIPS

Ingredients:

1 bunch kale, stems discarded and leaves torn into roughly 1 1/2-inch pieces
2 tablespoons extra virgin olive oil
Coarse sea salt

Method:

- Preheat the oven to 350 degrees F.
- Toss the kale with the olive oil in a bowl and spread out on 2 baking sheets.
- Sprinkle with coarse salt (adding other flavorings here) and bake, stirring occasionally, for 12-15 minutes or until light brown and crispy.

Additional flavorings: lemon or lime juice, chili pepper, smoky paprika, curry powder, nutritional yeast, smoky salt.

ENERGY DRINK

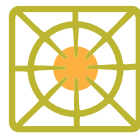
Ingredients:

5 large leaves of kale, stems discarded, and roughly chopped
1/2 lemon, skin removed
1 large apple, roughly chopped
1-inch piece of fresh ginger
1 sprig fresh mint
1/2 cup water

Method:

- Push all the ingredients through your juicer.
- Alternatively, you can chop all the ingredients and pop them into a powerful blender.
- Makes 1 cup.

Recipes courtesy of Sharon Louise Crayton



Santa Fe

CULINARY
ACADEMY

TUSCAN KALE SALAD

Ingredients:

1/4 cup extra virgin olive oil

Juice of 1 lemon

1 clove garlic, mashed

Salt to taste

Pinch of red pepper flakes

1 bunch kale (about 7 ounces), (Lacinato, Dinosaur or Italian Black), stems discarded and finely shredded (about 4-6 cups)

1/3 cup grated Parmigiano-Reggiano cheese

1/4 cup toasted breadcrumbs

Method:

- Whisk together olive oil, lemon juice, garlic, salt, and red pepper flakes in a salad bowl.
- Add kale and toss well to coat.
- Let the salad sit at room temperature for 10-30 minutes. This softens the kale.
- Add grated cheese and breadcrumbs and toss again.
- Cover any leftovers and refrigerate for up to 2 days.
- Makes 8 servings.

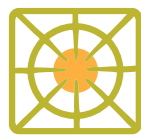
Other Combinations for Kale Salad using a lemon olive oil dressing:

- Dates, almonds, parmesan
- Pine nuts, currants, parmesan
- Anchovy fillets and parmesan
- Avocado and cherry tomatoes and Feta cheese

Toasted breadcrumbs: To make the best dry breadcrumbs, the bread must be perfectly dry. To dry it, arrange the slices in one layer on a baking sheet and place in a preheated 300 degree F oven until bread is thoroughly dried out and lightly browned. For coarse crumbs, break the dried bread into pieces and grind in a food processor fitted with the steel blade. For fine crumbs, use the processor fitted with the grating blade.

Homemade breadcrumbs can be stored in an airtight container for up to 2 weeks in refrigerator or frozen for six months. One slice of bread will yield about 1/3 cup of dry breadcrumbs.

Recipe courtesy of Sharon Louise Crayton



Santa Fe

CULINARY
ACADEMY

FETTUCCHINE WITH KALE PESTO

Ingredients:

- 1 pound fettuccine or pappardelle pasta
- 1 cup Kale Pesto
- 1 cup grated Parmigiano-Reggiano cheese, plus more for serving

Method:

- Bring a large pot of salted water to a boil. Add fettuccine and cook until al dente, according to the package directions.
- Just before pasta is done, remove 2 tablespoons of pasta water and add it to the Kale Pesto in a bowl. Add the cheese and mix well.
- Drain pasta and toss with pesto mixture. Serve with extra cheese for those who would like.
- Makes 4 servings.

Kale Pesto

- 8 cups kale (about 2 bunches, 14 ounces)
- 3/4 cup extra-virgin olive oil
- 1/2 cup pine nuts, walnuts or almonds
- 4 cloves garlic, chopped
- 2 teaspoons sea salt
- 1/2 teaspoon red pepper flakes

Method:

- Bring a large pot of water to a boil.
- Plunge kale into the boiling water for 3 minutes. Drain the kale in a colander and rinse with very cold water (this allows kale to keep its green color).
- Squeeze it firmly to press out excess water.
- Put kale and all the remaining ingredients in a food processor and blend until smooth.
- Transfer to a container, cover, and refrigerate until ready to use. The pesto will keep up to 3 days or make a big bunch and freeze.
- Makes 2 cups.

Recipe courtesy of Sharon Louise Crayton



Santa Fe

CULINARY
ACADEMY

PORTUGUESE KALE SOUP (CALDO VERDE)

Ingredients:

Extra virgin olive oil

2 large yellow onions

3 cloves garlic, skins removed

2 pounds (about 5) yellow potatoes

8 cups water or a combination of Chicken or vegetable broth

Salt and freshly ground pepper

2 bunches (about 14 ounces) kale, stems discarded and rinsed

10 ounces Chouricao, Linqica, Spanish Chorizo, cut into 1/4-inch slices (optional)

Method:

- Heat 2 tablespoons olive oil in a medium pot. Add onion and cook over medium heat, stirring occasionally until onion softens about 5 minutes.
- Stir in garlic and cook until fragrant.
- Add potatoes, water, and large pinch of salt and pepper.
- Bring to a boil, turn heat to low, cover, and cook until potatoes are tender about 30 minutes.
- While potatoes are cooking, cut kale leaves in very thin slices. Set aside.
- If using sausage, fry the sausage slices in skillet until browned. Set aside.
- Use an immersion blender to blend soup. Bring soup to a boil, add kale and cook over low heat until kale is wilted about 3 minutes.
- Season with salt and freshly ground black pepper.
- Serve in bowls, drizzle with olive oil and add a couple slices of sausage or a crouton.
- Makes 2 1/2 quarts soup.

Recipe courtesy of Sharon Louise Crayton