

KALE



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Sautéed Tuscan Kale

INGREDIENTS

- 2-3 bunches Tuscan (lacinato/dinosaur/black) Kale
- 2 cloves garlic, slivered
- 3 Tablespoons olive oil
- ¼ Tablespoon chili flake
- Juice of 1 lemon, freshly squeezed

PEAK SEASON

June–October

DIRECTIONS

- 1** Trim the kale off its stems just below the end of the leaf; chop leaves into evenly-sized pieces, about 1-2" square.
- 2** Heat a large pot of water to a boil, and prepare a bowl of ice water to the side. In batches if necessary, briefly cook the kale in the boiling water, then lift it out with a slotted spoon or skimmer and plunge it into the ice water. This step is not strictly necessary, but will help the kale taste somewhat sweeter.
- 3** Heat a large skillet over high heat; add olive oil, garlic, and chili flake, and cook until fragrant. Add the kale, and cook 5 or so minutes until the leaves are soft and wilted, but not crispy. Finish with lemon juice, salt, and pepper to taste.

Note: Detroit's farmers seem to love Tuscan kale. It's hardy, grows well in raised beds, and yields sturdy leaves that transport well to farmers' markets and restaurants. Support local agriculture and enjoy an ancient delicacy with this highly nutrient-dense produce.

Recipe provided by
Eastern Market Chef
Aaron Egan

