

Kale: Plain and Italian Style

Kale is a leafy green vegetable available in the Fall, and is best when purchased after the first frost.

Kale boils down, so as a gauge, use two bunches for four people.

Two large bunches of kale

3 quart pot

For Italian style: 3 cloves of garlic, peeled; Olive oil

Fill the pot $\frac{3}{4}$ full of water and bring to a boil—kale likes lots of room in the water to bring out its full flavor --Salt, two or three shakes, as water begins to boil

To prepare kale:

Strip the leaves away from stems—that is, in a downward motion, pull leaves off the stalk. Place leaves aside.

Wash all leaves thoroughly as Kale can have dirt or grit. Throw away the stalks.

When water reaches rolling boil, add kale leaves and push down, so water covers all. Boil for approximately 40 minutes—kale should be dark green, not bright green, and soft.

Move pot from hot burner.

Serve when cooler.

(The water from the kale is also very good for you, if you care to drink it.)

Italian Style

Follow all directions above.

After Kale is boiled, using a slotted spoon take kale out of pot and put into a bowl.

Cut peeled garlic into half and put in bowl, add olive oil— $\frac{1}{4}$ cup a solid drizzle around the bowl.

Toss gently with a fork. Place a plate or cover over the bowl to let the kale steep with the garlic. Serve warm.