



Kitchen workshop October 2015

# All Hail to Kale



Recipe name	<b>1. Classic Dutch “stamppot Boerenkool”</b>
Preparation time	10 minutes
Cooking time	25 minutes
Ingredients	<ul style="list-style-type: none"> <li>○ Potatoes</li> <li>○ Kale</li> <li>○ Butter</li> <li>○ A bit of milk if you like</li> <li>○ Salt and pepper</li> <li>○ Gravy</li> <li>○ Sausage</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Cutting board</li> <li>○ Big knife</li> <li>○ Potato peeler</li> <li>○ Big pot 4/5 quart with lid</li> <li>○ Potato masher</li> <li>○ Small pot for the gravy</li> <li>○ Frying pan for the sausage</li> <li>○ Serving spoon</li> </ul>
Cooking instructions	<ul style="list-style-type: none"> <li>○ Peel the potatoes and wash them</li> <li>○ Cut them in half and put them in the big pot with an inch of water</li> <li>○ Wash the kale</li> <li>○ Pull the leaves off the stalk with your hand</li> <li>○ Chop the kale finely</li> <li>○ Place the kale on top of the potatoes</li> <li>○ Put them on the stove and let the water come to a boil</li> <li>○ Let it simmer for 20 minutes</li> <li>○ Check if the potatoes are done</li> <li>○ If done drain off the excess water</li> <li>○ Mash the potatoes and the kale with the potato masher</li> <li>○ Add some butter or milk if you like</li> <li>○ Add salt and pepper</li> <li>○ Cook the sausage</li> <li>○ Make the gravy</li> <li>○ Place the kale on a plate, make a nest for the gravy add the sausage and Pickles, picalilly or pickled onions compliment this dish nicely</li> </ul>

Recipe name	<b>2. Kale smoothie</b>
Preparation time	2 minutes
Cooking time	2 minutes
Ingredients	<p>For 1 person</p> <ul style="list-style-type: none"> <li>○ 2 cups of kale</li> <li>○ 1-2 table spoons of almond butter</li> <li>○ ½ cup of frozen mango (or any frozen fruit you like)</li> <li>○ 1 banana</li> <li>○ 1 cup of coconut milk</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Blender</li> </ul>
Cooking instructions	<ul style="list-style-type: none"> <li>○ Put the ingredients in the blender and blend everything up.</li> <li>○ If the smoothie is too thick you can add more fruit or coconut milk</li> </ul>

Recipe name	<b>3. Chlorophylls from Kale (storable sunlight powder)</b>
Preparation time	10 minutes
Cooking time	10 minutes
Drying time	Depending on method used 1 hour - overnight.
Ingredients	<ul style="list-style-type: none"> <li>○ Kale</li> <li>○ Water</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Blender</li> <li>○ Sieve</li> <li>○ Pot</li> <li>○ Ladle (soup ladle)</li> <li>○ Coffee filters</li> <li>○ Rack with something underneath</li> </ul>
Cooking instructions	<ul style="list-style-type: none"> <li>○ Remove the leaves from the stalks</li> <li>○ Fill the blender with kale, add water almost to the top and blend it</li> <li>○ Put the kale through a sieve into a pot (what is left in the sieve is for the compost or for stock.)</li> <li>○ Heat up the liquid until the chlorophyll separates from the water, this will happen at around 75 degree Celsius</li> <li>○ With a ladle skim the flakes of the top of the pot</li> <li>○ Put the flakes on a coffee filter or something likewise and let it dry</li> <li>○ After it is dry you can use it to make soups, sauces and other dishes tastier and healthier with some sunlight powder</li> </ul>

Recipe name	<b>4. Kale Chips</b>
Preparation time	10 minutes
Cooking time	25 minutes
Ingredients	<ul style="list-style-type: none"> <li>○ 2.5 cups of Kale</li> <li>○ ½ tablespoon of olive oil</li> <li>○ A pinch of salt</li> <li>○ 1 tablespoon of maple syrup</li> <li>○ 2.5 tablespoons of sesame seeds</li> <li>○ A pinch of cayenne optional</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Salad spinner</li> <li>○ Large bowl</li> <li>○ Baking sheets</li> <li>○ Parchment paper</li> <li>○ Oven mittens</li> <li>○ Tongs</li> </ul>
Cooking instructions	<ul style="list-style-type: none"> <li>○ Preheat the oven to 300F</li> <li>○ Strip the kale from the stalk</li> <li>○ Tear the Kale into pieces a bit bigger than bitesize</li> <li>○ Wash the kale and dry it (this is key)</li> <li>○ Put the kale in a large bowl and add the olive oil and salt</li> <li>○ Massage the olive oil and salt in until the leaves are covered and softened a bit</li> <li>○ Mix the maple syrup, sesame seeds (and if you like the cayenne) in</li> <li>○ Spread the kale chips out on a baking sheet lined with parchment paper</li> <li>○ Bake for 25-28 minutes turning the chips several times to prevent browning on the edges.</li> <li>○ Store in a well-sealed container or zip lock bag</li> </ul>

Recipe name	<b>5. Kale chips with nutritional yeast</b>
Preparation time	10 minutes
Cooking time	25 minutes
Ingredients	<ul style="list-style-type: none"> <li>○ 2.5 cups of Kale</li> <li>○ ½ a tablespoon of olive oil</li> <li>○ ¼ cup of nutritional yeast</li> <li>○ A pinch of garlic powder</li> <li>○ A pinch of paprika</li> <li>○ A pinch of salt</li> <li>○ (an optional pinch of cayenne pepper )</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Salad spinner</li> <li>○ Large bowl</li> <li>○ Baking sheets</li> <li>○ Parchment paper</li> <li>○ Oven mittens</li> <li>○ Tongs</li> </ul>

Cooking instructions	<ul style="list-style-type: none"> <li>○ Preheat the oven to 300F</li> <li>○ Strip the kale from the stalk and tear it in bigger than bitesize pieces</li> <li>○ Wash the kale and dry it</li> <li>○ Put the kale in a large bowl and add the olive oil and salt</li> <li>○ Massage the olive oil and salt in until the leaves are covered and softened a bit</li> <li>○ Mix in the nutritional yeast, paprika and garlic powder (cayenne)</li> <li>○ Spread the kale chips out on a baking sheet lined with parchment paper</li> <li>○ Bake for 25-28 minutes turning the chips several times to prevent browning on the edges.</li> <li>○ Store in a well-sealed container or zip lock bag</li> </ul>
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Recipe name	<b>6. Kale salad</b>
Preparation time	10 minutes
Assembly time	10 minutes
Ingredients	<ul style="list-style-type: none"> <li>○ Kale</li> <li>○ Almonds</li> <li>○ Apple</li> <li>○ Dates</li> </ul> <p>For the dressing:</p> <ul style="list-style-type: none"> <li>○ Lemon juice from 1 lemon</li> <li>○ 3 garlic cloves</li> <li>○ ½ cup of Nutritional yeast or grated parmesan cheese</li> <li>○ 1 tablespoon of Braggs</li> <li>○ 1/3 cup of olive oil</li> </ul>
Materials	<ul style="list-style-type: none"> <li>○ Cutting board</li> <li>○ Kitchen knife</li> <li>○ Salad spinner</li> <li>○ Garlic press</li> <li>○ Measuring cups</li> <li>○ Bowl</li> <li>○ Whisk</li> </ul>
Cooking instructions	<ul style="list-style-type: none"> <li>○ Wash and spin the kale</li> <li>○ Make the dressing by mixing all the dressing ingredients</li> <li>○ Massage the Kale with part of the dressing until it is nice dark green and tender, than add the rest of the dressing</li> <li>○ Roast the almonds</li> <li>○ Add the almonds, sliced apple, nutritional yeast and dates</li> </ul>

Sources: Catherine Walthers (2014). Kale, Glorious Kale. Woodstock, VT: The Countryman Press  
 Ilja Gort and Jonnie Boer (2005) Met Gort de Boer op. Baarn, The Netherlands:Tirion

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