



Kitchen workshop October 2015

All Hail to Kale



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

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

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

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

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

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

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

This workshop has been made possible with financial support from:

