

A Winters Kale



A SPECIAL COLLECTION OF
WINTER RECIPES USING KALE



Sharyn Turner

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In the depths of British wintertime, what could be more welcoming than a hearty, warming meal made from healthy natural ingredients? For a change to the usual winter vegetables, why not try kale? This flavoursome green, with its curled leaves and vibrant hue, is one of the most hardy of winter vegetables, its taste actually improved by hard frost. Also known as 'Borecole', kale provides the garden with a welcome splash of colour when things are at their starkest.

At the start of a New Year many people's thoughts turn to New Year resolutions and for many this involves some sort of diet. These recipes are perfect in the aftermath of the festive binge. With the emphasis on simple, no nonsense country cooking, they are healthy and filling, the ideal conclusion to a cold winters day.

Sharyn

An Original Jack-in-the-green booklet

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Curly Kale Moussaka

(Serves 4)

225g/8oz well-ripened tomatoes,
10ml/1 dsp sunflower oil,
1 medium-large onion, chopped,
175g/6oz mushrooms, sliced,
50g/2oz carrot, finely sliced,
75g/3oz turnip, peeled and diced into 1
cm cubes,
75g/3oz brown lentils, rinsed,
25g/1oz split red lentils, rinsed,
1 400g/14oz tin of chopped plum
tomatoes,
140ml/¼ pint light vegetable stock,

30ml/2 tbsp vegetable purée,
2.5ml/½ tsp dried thyme,
2.5ml/½ tsp dried oregano,
Salt, black and white pepper,
1 large aubergine,
150g/5oz kale,
40g/1½oz sunflower spread,
40g/1½oz plain flour,
425ml/¾ pint semi-skimmed or skimmed
milk,
75/3oz cheddar cheese, grated

- 1) Skin and roughly chop the fresh tomatoes,
- 2) Heat the oil in a large, heavy-based pan above a moderate heat. Stir in the onion, Cover and cook for 10 minutes, stirring occasionally. Add the mushrooms, carrot and turnip. Cover and continue to cook as before, for a further 5 minutes.
- 3) Stir in the lentils, the tomatoes, fresh and tinned, vegetable stock, purée, herbs and some salt and black pepper to season. Bring to the boil, cover, reduce the heat and simmer for 20 minutes. Then remove the lid and simmer for a further 10 minutes.
- 4) Meanwhile, slice the aubergine into ¾cm thick rounds. Lay them on a tray and place under a moderate grill until both sides are nicely browned.
- 5) Bring a pan of water to the boil and steam the kale leaves for 8 minutes. Tip onto a chopping board to cool.
- 6) Turn on the oven to 180°C/350°F/Gas Mark 4.
- 7) To make the sauce, melt the sunflower spread in a small saucepan. Stir in the flour and sizzle the roux for a couple of minutes. Remove the pan from the heat and, using a wooden spoon, blend in a little of the milk. Stir as you thicken the sauce over a moderate heat, blending in a little milk at a time. Simmer the sauce for 5 minutes, stirring frequently. Remove from the heat, stir in 50g/2oz of the grated cheese and season with some salt and white pepper.
- 8) Divide the steamed kale in half. One half should be finely chopped and stirred into the tomato mixture. Slice out any thick veins in the remaining kale and slice each leaf into quarters.
- 9) Place half of the tomato mixture into a deep, 20cm/8 inch round oven-proof dish, Top with half of the grilled aubergine and cover with half of the kale leaves, Repeat these layers and top with the cheese sauce. Sprinkle with the remaining grated cheese, season and bake in the middle of the pre-heated oven for 25 minutes.

Kale & Broad Bean Noodles

(Serves 3-4)

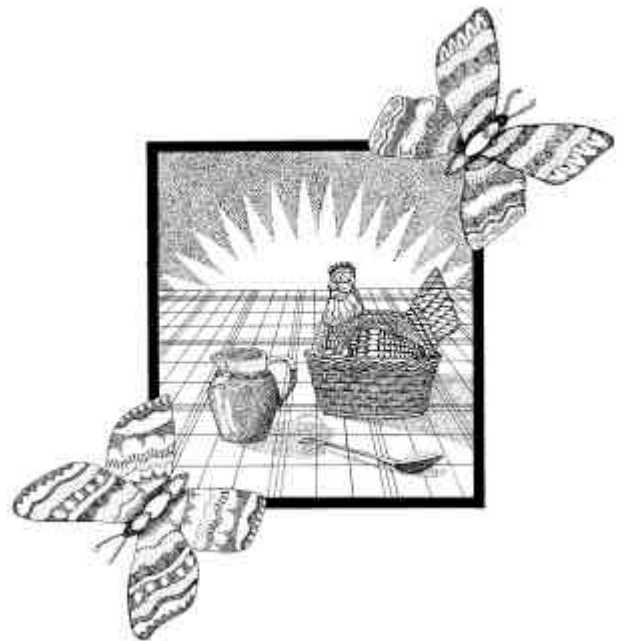
Topping:

25g/1oz rolled oats,
50g/2oz wholemeal breadcrumbs,
15ml/1 tbsp wheatgerm,
1oz/25g grated edam,
Salt and pepper,



15ml/1 tbsp sunflower oil,
5ml/1 tsp ground cumin,
1 medium onion, chopped,
150g/5oz kale, finely shredded
100g/4oz peeled turnip, diced into 1cm cubes,
15ml/1 tbsp light soy sauce,
225ml/8fl.oz light vegetable stock,
175g/6oz cooked broad beans,
175g/6oz medium egg noodles,
400ml/14fl.oz semi-skimmed milk,
30ml/2 tbsp cornflour,
2.5ml/½ tsp English mustard powder,
Salt and white pepper,
50g/2oz grated edam.

- 1) Firstly make the topping. Mix together the ingredients in a basin and place to one side.
- 2) Heat the oil in a wok or a large non-stick frying pan above a high heat. When the oil starts to smoke stir in the cumin and immediately toss in the onion, kale and the turnip. Stir-fry for 2 minutes, add the soy sauce and stir-fry for another 2 minutes.
- 3) Reduce the heat to low, pour on the stock, cover and simmer for 4 minutes.
- 4) Meanwhile bring a pan of water to the boil. Stir in the noodles and allow to boil for 4 minutes. Drain.
- 5) Turn on the grill. Add the broad beans to the wok/pan and stir in the milk. Cover and bring to the boil whilst you blend the cornflour with the mustard powder and a drop of water to form a smooth paste. When the liquid boils reduce the heat and stir in the cornflour paste. Simmer for 2 minutes, stirring gently but frequently, and then add the noodles. Heat through and then stir in the grated edam.
- 6) Sprinkle evenly with the topping and place under the pre-heated grill until golden brown.

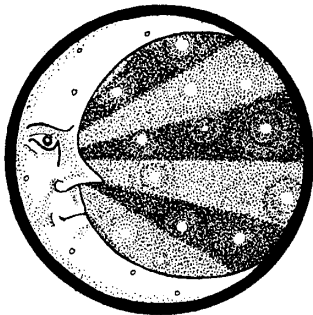


Kale & Corn Flan

(Serves 4)

Pastry:

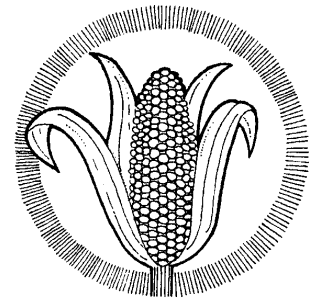
100g/4oz plain flour,
A pinch of salt,
2.5ml/½ tsp baking powder,
45ml/3 tbsp finely milled wheatbran,
40g/1½oz sunflower spread,
A little milk,



Filling:

50g/2oz curly kale,
10ml/1 dsp sunflower oil,
1 small onion, sliced into rings,
150g/5oz mushrooms, sliced,
75g/3oz tinned sweetcorn,
195ml/7fl.oz skimmed or semi skimmed milk,
14g/½oz sunflower spread,
45ml/3 tbsp plain flour,
2.5ml/½ tsp dried dill weed,
Salt and white pepper,
1 egg, lightly whisked

- 1) Turn on the oven to 190°C/375°F/Gas Mark 5.
- 2) To make the pastry sieve the flour, salt and baking powder into a mixing bowl and stir in the bran. Rub in the sunflower spread until you have a mixture that resembles fine breadcrumbs. Bind together with a drop of milk to form a moist pastry. Knead very lightly, roll into a ball and then roll out on a floured surface to fit an 8 inch/20cm loose based flan tin. Press the pastry into the tin and prick all over with the prongs of a fork. When the oven has reached temperature bake blind for 4 minutes.
- 3) Steam the kale leaves for 8 - 10 minutes. Heat the oil above a high heat in a large non-stick frying pan or wok. Stir fry the onion for 2 minutes and then toss in the mushrooms and stir-fry for 3 minutes longer. Remove 5 of the best-formed mushroom slices and place to one side.
- 4) Place the milk and sweetcorn into a liquidizer goblet and blend for 15 seconds. Melt the spread in a small pan and stir in the flour. Sizzle the roux for a couple of minutes and then gradually blend in the milk, whisking as it thickens. Simmer for 3 - 5 minutes and season with the dill, salt and pepper.
- 5) Allow the sauce to cool for 10 minutes while you finely chop the steamed kale leaves. Stir into the sauce along with the lightly whisked egg. Fill the pastry cases with the stir-fried onion and mushrooms and top with the kale sauce, smoothing the surface to an even finish. Arrange the reserved mushrooms on top and bake in the pre-heated oven for 35 minutes. Served sliced into wedges, either hot or cold.



Kale & Red bean Roast

(Serves 4)

100g/4oz split red lentils,
340ml/12 fl.oz boiling water,
1 Vegetable stock cube,
15ml/1 tbsp sunflower oil,
1 medium onion, chopped,
50g/2oz celery, finely sliced,
100g/4oz kale, finely shredded,
15ml/1 tbsp light soy sauce,
50g/2oz wholemeal breadcrumbs,
5ml/1 tsp dried mixed herbs,
15ml/1 tbsp vegetable purée,
150g/5oz cooked red kidney beans,

1 egg,
1 egg yolk,
30ml/2 tbsp rolled oats,
Salt and black pepper,

Central Filling:

5ml/1 tsp sunflower oil,
40g/1½oz couscous,
14g/½oz whole breadcrumbs,
50g/2oz cashew nuts,
5ml/1 tsp dried parsley,
1 egg white.

- 1) Place the lentils into a heavy-based pan. Dissolve the stock cube in the boiling water and add to the lentils. Cover, bring to the boil, reduce the heat and simmer for 15 minutes, stirring occasionally, remove the saucepan lid and simmer the lentils for 3 minutes, stirring frequently.
- 2) Meanwhile, heat the oil in a large, non-stick frying pan or wok over a high heat. When the oil smokes toss in the onion, celery and kale and stir-fry for 3 minutes. Add the soy sauce and stir-fry for a further 1½ minutes.
- 3) Completely line a 2lb loaf tin with non-stick baking paper. Turn on the oven to 180°C/350°F/Gas Mark 4.
- 4) Roughly chop the cooked red kidney beans. Place in a large mixing bowl with the lentil purée, stir-fried vegetables, breadcrumbs, mixed herbs, vegetable purée, the egg, the egg yolk and the rolled oats. Season with some salt and black pepper and mix thoroughly together with a wooden spoon.
- 5) To make the central layer of the roast, heat the oil in the frying pan or wok above a moderate heat. Stir in the couscous and cook for about 5 minutes, stirring frequently, until the couscous is crispy and golden brown.
- 6) Roughly chop the cashew nuts and place them into a basin with the couscous, breadcrumbs, parsley and some salt and pepper to season. Lightly whisk the egg white and stir into the dry ingredients.
- 7) Press two-thirds of the kale mixture into the lined loaf tin. Form a hollow down the centre of the mixture with the back of a metal tablespoon. Fill this with the central layer and press in the remaining kale mixture.
- 8) Bake in the centre of the pre-heated oven for 35 minutes. Serve hot and sliced with seasonal vegetables, white sauce and gravy or cold as part of a buffet.

