

cookus*INTERRUPTUS

*how to cook fresh local organic whole foods
despite life's interruptions*

Sweet Apple Walnut Kale

Using Becky's braising method a variety of tastes can be created by simply changing the braising liquid. Here the hearty taste of kale is nicely balanced with sweet flavors and the toasted walnuts give texture to the cooked greens.

1 bunch kale
2 to 3 tablespoons butter
½ apple, very thinly sliced
½ cup walnuts, coarsely chopped
1 tablespoon unrefined cane sugar or brown sugar
2-3 tablespoons apple juice or cider
1 tablespoon tamari
2 teaspoons unfiltered apple cider vinegar

Pull away the leaves from the stem before washing. Wash greens carefully. An easy way is to fill your sink with cold water and submerge the greens. If the water has sediment, drain the sink and repeat. Tear leaves into bite size pieces.

Melt butter in a large skillet (not cast iron! It will turn the apples grey) over medium low heat. Add apples and walnuts and sauté for a few minutes. Sprinkle unrefined cane sugar over the apples and walnuts and stir so that it evenly coats. When apples are softened, add kale leaves and sauté over medium heat until leaves begin to turn brilliant green.

Combine juice and tamari. Pour into pan. Cover tightly. Cook until leaves are tender, 5 to 7 minutes. Taste to check for doneness; greens should be tasty, not bitter; still green, not grey. Dress with vinegar before serving.

Preparation time: 15-20 minutes
Makes 4 servings

FOR BABIES 10 MONTHS & OLDER: Remove some of the soft cooked apple slices before adding unrefined cane sugar and serve on baby's cereal.