

# GREENS RECIPES



## RECIPES FOR GREENS

I am an artist who, after obtaining recipes from cookbooks and the Internet, cooks and eats his models. I don't follow instructions literally as to quantities and cooking times, and make many substitutions. I also supplement recipes with seasonal items from my garden and from farmers markets. I have painted (and eaten) over 195 varieties of peppers and over 40 varieties of eggplant.

As you will see from the paintings, some "greens" are purple, red, gold, or multi-hued although grouped under the single generic label "greens." All can be purchased seasonally at farmers markets as seedlings or ready to eat. These hardy veggies are very forgiving in the kitchen; some can be left on the stove for hours. This makes them suitable to accompany miscellaneous bones sold as shanks, hocks, and jowls. For sharecroppers in the Southern United States, these were the only animal parts they could afford so they developed tasty recipes. You've probably seen animal bones displayed at the meat counter. Until you've tried cooking them, you won't know how little meat can be pried loose even after hours on the burner. Many of them are used primarily for flavoring greens.

The following recipes were taken from various sources and modified. I have tried each at least once. Some greens remained so bitter even after hours in the pot that I didn't cook them a second time. Others were flavorful but required hours on the stove and yielded more leftovers than people wanted to eat. Spelling of the names varies from one recipe to another and many are sold under synonyms. On the paintings I use the name assigned by the grower. I've stayed away from Latin terms as these have little meaning to the cook.

Bob Sommer August 2013

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Kale, Borekale  
Misome  
Mizunna, Japanese Mustard, related To Tatsoi  
Mustard Greens, Chinese Mustard  
Pea Shoots  
Romanesco, Broccoli Rabe, Rapini  
Sweet Potato Leaves  
Watercress  
Yu-Choy

CABBAGE (includes SAVOY CABBAGE and EARLY JERSEY WAKEFIELD)

Often added to soups and stews, used in some borscht recipes. Boiled cabbage accompanies meat such as corned beef, is the basis of German sauerkraut. Used also in cabbage rolls, and pickled in vinegar (Korean kimchi).

**In casserole with ground beef**

1 lb. ground beef  
1/3 cup diced onion  
1-16 oz. tomato sauce  
1 medium head cabbage, shredded  
salt to taste

Brown meet and onion, place in large pot with cabbage in oven and bake fir 45 minutes at 350 degrees.

**In casserole with corned beef**

1 can corned beef  
1 small head cabbage, chopped into bite-sized pieces with core removed  
3 medium potatoes, sliced  
1 can cream of celery soup  
1 medium onion, slices  
season to taste

Oil or grease the bottom of a baking dish, add a layer of half the sliced potatoes and half the onion, then a second layer of potatoes and onion. Over this spread the can of soup, then the cabbage. Over this. layer the corned beef, Cover with foil and bake at 350 degrees for 75 minutes.



CHARD, SWISS CHARD (red, yellow, or green), related to beet greens

**Used fresh:** Pieces of leaves can be added to a green salad, providing color and or steamed or sautéed as a side dish. Very popular in Mediterranean cuisine.

**As a side dish, sautéed with parmesan cheese**

- 2 T butter
- 2 T olive oil
- 1 T garlic, minced
- ½ red onion, diced
- 1 bunch chard with stems removed and leaves coarsely chopped
- ½ cup sry white wine
- 1 T fresh lemon juice
- 2 T grated parmesan cheese
- salt to taste



**As side dish with pine nuts**

Combine butter and olive oil in a large skillet, stir in garlic and onion and cook for 1 minute, atir in chard leaves and cook until wilted, then add lemon juice and parmesan cheese; season with salt to taste.

- 3 bunches chard
- 4 T olive oil
- 6 cloves of garlic, sliced
- 1 pinch crushed red pepper
- 1 T lemon juice
- 2 T pine nuts

Separate stems and leaves. Cut leaves into strips; thinly slice stems. In a large pot over medium heat, cook the olive oil, sliced garlic, red pepper, and chard stems for 3 minutes. Add the cut chard leaves, cover, and cook for 5-10 minutes with medium heat until chard becomes tender. Add pine nuts. Toss with lemon juice.

## COLLARD GREENS

Used all over the world to accompany meat and fish dishes. A staple in Southern U.S. cooking. See also Generic Green and Soul Food recipes.

### **with smoked turkey**

2 T minced garlic  
5 cups chicken stock  
1 smoked turkey drumstick  
 $\frac{1}{2}$  cup olive oil  
4-5 bunches collard greens, trimmed and chopped  
salt and pepper to taste  
1 T red pepper flakes

Heat olive oil in a large pot over medium heat, gently sauté garlic, add chicken stock and turkey leg and simmer for 30 minutes. Add the collard greens and turn up heat to medium-high, cook for 45 minutes stirring occasionally.

Reduce heat to medium and season to taste, and cook until greens are tender and dark green, about 50 minutes.

Drain greens and add red pepper flakes, saving liquid to use with leftovers.



## DANDELION GREENS

Discard dandelion green roots; wash greens well in salted water. Cut leaves into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes. Sauté onion, garlic, and chile pepper flakes in oil. Drain greens; add to onion garlic mixture.

Taste dandelion greens and season with salt and pepper. Serve with grated Parmesan cheese.

