

ESCAROLE

Salad with apples and nuts

Toss together in a large bowl:

1 T olive oil

1 T white wine vinegar

2 t Dijon mustard

Salt and pepper to taste

1 head escarole cored, trimmed, and cut into bite-size pieces

1 apple cored and thinly sliced

½ cup pecans or walnuts

Sautéed escarole (side dish)

Sauté in garlic and olive oil until tender

1 lb escarole trimmed and leaves torn to bite-size pieces

2 smashed garlic cloves

salt to taste



GENERIC GREENS RECIPE (collards, mustard, kale, or other greens may be used separately or combined); also described as Soul Food recipe

With ham hocks or shanks or smoked turkey legs or wings

½ lb smoked ham hocks or shanks, or smoked turkey parts
1½ quarts water
1 t crushed red pepper or 2 hot pepper pods
3 cloved garlic, smashed
4 lbs mixed or separate collard, kale, or mustard greens
season to taste

In large saucepan, place hocks, water, red pepper, and garlic, bring to a boil and simmer for 2 hours. Remove meat from bones, and discard bones. Remove stems from greens and slice leaves into bite-size pieces. Add leaves to meat and liquid, season to taste, and cook for 40 minutes.

With salt pork or ham hocks

½ lb salt pork or 2 ham hocks
3 bunches greens
2 quarts water
salt to taste

In a large pot cover pork or hocks with water and bring to a boil. Simmer for 1 hour or longer. Wash greens and cut into pieces, add to simmering meat. Cook until greens are tender.
Optional, before serving can top with vinegar or hot pepper sauce



KAI-LAN, GAI-LAN, or CHINESE BROCCOLI

in stir-fry

Used often in Chinese cooking, especially Cantonese dishes. Can be stir-fried with garlic and ginger, or boiled or steamed with oyster sauce. it is also used in Vietnamese and Thai recipes.



KALE, BOREKALE

Side dish with garlic and oil

2 bunches of kale (1 ½ lbs)
2 T olive oil
2 garlic clove, finely cut
salt and pepper to taste

Wash kale thoroughly and remove stems, boil in water for 5 minutes, drain and squeeze out water from leaves. Chop coarsely, and cook in olive oil for 5 minutes, season to taste and serve.

On toast or topped with a poached egg

10-12oz kale with stems removed and cut into strips
1 small onion, chopped
2 garlic cloves, sliced
3 cups water

Heat the oil in a large pot over medium heat, . add onion, cook for 3 minutes, and garlic and cook another minute, add kale and stir until kale wilts, season to taste, and cook for 30 minutes.

Fresh

Tender leaves can be added to salads, especially if supplemented by dry-roasted peanuts or almonds.

As chips

Remove stems, wash and completely dry leaves. Tear leaves into bite-sized pieces. Sprinkle with olive oil and seasonings With everything oiled and seasoned, bake in the oven at 350°F for 10 minutes.

You want the edges slightly browned, but the chips should stay a nice, deep green. When you remove them from the oven, the kale should be delicately crispy and delightfully savory.

You can stuff your chips into a Ziploc bag to bring along as a snack.



MISOME

A cross between two Asian green, *komatsuna* and *tatsoi*. Leaves are added to stir fries or used for pickling.



MIZUNA AKA JAPANESE MUSTARD

In salad as a green, in soup, or in a stir fry with meat or fish

