



We're moving steadily forward with our Ingredients Alphabet gig. K? Well it's Kale season, it would have been rude not to?.

### **Kale with Onion and Bacon**

#### **Ingredients:-**

Kale (Obviously!)

1 medium Onion sliced

3 rashers of streaky Bacon, chopped

Salt & Pepper

1 clove of Garlic, crushed

Oil to fry

#### **Method:-**

(1) Blanch the Kale for a couple of minutes.

(2) Add the Onion and Garlic to a frying pan and fry until the Onion is translucent.

(3) Add the Bacon and fry for a couple of minutes.

(4) Season with Salt and Pepper.

(5) Add the blanched Kale and stir well for a couple of minutes.

### **Crispy Kale**

#### **Ingredients:-**

Kale, chopped

**Method:-**

- (1) Blanch the Kale for a couple of minutes.
- (2) Drain well.
- (3) Pre-heat oil to 180C in a deep fat fryer or similar.
- (4) Fry the Kale until crispy and drain well on kitchen paper.

**Kale might be a bit of a primitive Brassica, but it has so much more flavour than the generic white Cabbage alternative.**