

CWA of NSW - Product of the Week

Kale

It seems like clothing, holiday destinations and Television Chefs, food also has fashions. Remember when we stuffed devon with mashed potato. Today one of the most popular trends seems to be Kale, but did you know Kale or leaf cabbage is related to cruciferous vegetables like cabbage, broccoli, cauliflower, collard greens and brussels sprouts. Kale has green or purple leaves, in which the central leaves do not form a head. The state of Victoria is the largest producer of Kale in Australia.

I have heard one television chef claim that Kale is no better or worse for you than other foods in this family but it's up to you. Why not try it and see? Here are some reasons why; Kale is low in calories, high in fibre, and has zero fat; Kale is high in iron, and Vitamins K, A and C. Kale has become popular in both liquid meals as well as salads and other dishes.

The Ultimate Paleo Guide suggests Kale can be sautéed, so here's how....

4 cups Kale (washed and chopped)
1/4 Onion (diced)
2 Garlic cloves (minced)
1 tbsp olive oil
1 tbsp Red wine vinegar
2 tbsp Almonds (sliced)
Salt (to taste)

Method:

1. Heat the olive oil in a skillet over medium heat.
2. Add onions and sauté until translucent, about 5 minutes.
3. Add garlic, kale, almonds, and red wine vinegar.
4. Cook until the kale is tender, about 5 to 7 minutes.
5. Season with salt and serve.

A quick alternative to Bolognaise for your Pasta is **Kale Pesto**

85g pine nuts, toasted
85g Parmesan, coarsely grated, plus extra to serve (optional)
3 garlic cloves
75ml extra-virgin olive oil, plus extra to serve 75ml olive oil
85g kale
juice 1 lemon

Method: Put the pine nuts, Parmesan, garlic, oils, kale and lemon juice in a food processor and mix to a paste. Season to taste. Stir through hot pasta, topping with extra Parmesan and olive oil, if you like.