



Recipes

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Braised Kale

Serves 1

Ingredients:

2 oz. vol. Reserved Pork Fat
5 oz. Yellow Onions , thinly sliced
3 each Whole Garlic Cloves , minced
1 lb. Fresh Kale , de-stemmed and cut into 1/2" strips
6 oz. vol. Chicken Stock
Salt and Pepper to taste

Directions:

1. Heat pork fat in a large sauce pan over medium-high heat; add onions and garlic and sauté for 3-4 minutes. Add kale and cook for another 2-3 minutes add chicken stock and season with salt and pepper. Decrease heat and simmer kale for 10 minutes, remove from heat and reserve warm in covered pan on a hot line for assembly.