



## CREAMED KALE WITH ROASTED GARLIC

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**G**ARLIC. Is it an herb or vegetable? Technically it isn't either. Since it's rarely eaten on its own, raw, it's not really a vegetable. Many cooks refer to it as a spice as it's also often used dried. It's a bulb and belongs in its own category. Related to the onion and shallot more than anything else, Garlic is used in much the same way to flavor our foods with that aromatic and savory flavor. Most of us know only one or two varieties, but **Linda's Backyard** is growing several varieties, each with its own subtle difference. Today we'll use both the regular variety, and we'll roast a head of **Korean Blossom Turban garlic** to finish this healthy and delicious way to enjoy Kale.

- 1 head Korean Blossom Turban garlic – roasted
- 1 Tbsp olive oil
- 1 large bunch kale, washed well and roughly chopped
- 2 Tbsp butter or olive oil
- 4 cloves, garlic, finely chopped
- 1 large sweet onion, diced
- 1 tablespoon flour
- 1 T chicken base (bouillon)
- 1/2 cup heavy cream or fat free canned milk



1. Place the Korean Garlic on a piece of foil. Cut off a small portion of the top of the head, add 1 T of olive oil and a sprinkle of salt. Wrap tightly and roast for about 30 minutes at 350 degrees, or until the garlic is very soft.
2. Rinse the kale well to remove any sand or dirt. Remove the leaves from the tough stems and chop the leaves into a rough chop.
3. Melt butter in a large skillet or sauce pot over medium high heat. Once butter has melted add the diced onion and cook until softened. Add the regular minced garlic and cook until fragrant, about 5 minutes – very careful not to burn. Add kale and cook stirring often until kale has fully wilted, up to 45 minutes. Cook it to your liking – very soft or some bite left in it!
4. When the kale has softened to your liking, sprinkle kale with flour and toss until flour is no longer visible. Add cream or milk and chicken base and stirring often until the mixture has thickened, about 3 minutes. Add more liquid if necessary using more water or milk.
5. Squeeze the roasted cloves from the roasted garlic head and add them whole to the kale, stirring in gently. If the cloves are very large, they can be cut into halves or quarters before adding to the creamed kale.
6. Season to taste with salt and pepper and serve.

### **Maggie's Notes:**

- ***Have you ever heard of Garlic Broth? See the recipe on reverse side.***
- ***Try some Broccoli and Garlic Stir Fry. Simple and delicious! Recipe on reverse side.***
- ***Squeeze the soft cloves of a Roasted Garlic into a small bowl and use instead of butter on your crunchy French Baguette. Serve with your steak or seafood dinner, or just as a cocktail hour snack.***
- ***Chicken with 40 Cloves of Garlic. An real treat for chicken and garlic lovers. Some people count the cloves!! Recipe is readily available on line!***

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>

**Garlic Broth** - A nutritious and delicious and savory broth that can be used as stock to make sauces or soups, or drink it as a hot beverage on a cold winter's day.

3 small	heads of garlic – cloves separated and peeled
1 tablespoon	olive Oil
9 cups	water
Salt	to taste – optional
Pepper	to taste – optional

- Cut the garlic cloves in half if necessary to remove the green germ growing inside. (fresh garlic will usually not have any of this).
- In a medium saucepan heat the oil, stir in the garlic and cook until soft, about 20 minutes, avoiding browning.
- Add water, bring to a boil, and then lower heat and simmer on low for about 40 minutes. It's ready to use.
- Add a few vegetables if desired to have as a soup. Add a bit of salt and pepper to drink from a cup.

Strain the garlic from the broth and use the soft garlic as a spread on crunchy French bread, or mix it with cream cheese and herbs for a savory dip lightly flavored with garlic.

## Garlic and Broccoli Stir-fry with Orange Zest

1 medium head	broccoli
2 teaspoons	sesame seeds
2 tablespoons	olive oil
2 ½ tablespoons	thinly sliced garlic cloves
¼ to ½ teaspoon	red pepper flakes - optional
½ teaspoon	salt
1 tablespoon	oyster sauce
½ teaspoon	finely grated orange peel

- Rinse broccoli. Cut off thick stem where it meets slender stalks, and reserve. With sharp paring knife separate stalks into florets, leaving stems about 1 1/2 inches long on each. Cut pieces in two lengthwise and lay flat-side down. Cut each piece lengthwise in two and repeat until you have 3-inch-long carved floret and stem pieces of approximately equal thickness (about 1/2-inch) top to bottom. Peel tough skin from stems, and cut crosswise into 1/4-inch medallions. There should be 12 ounces of broccoli, about 7 cups. Set aside.
- Toast sesame seeds in large nonstick skillet over low heat until golden, about 5 minutes. Transfer to small bowl, and set aside.
- Place olive oil and garlic in skillet over low heat. Toast garlic, stirring frequently, until garlic is deep golden brown, about 6 minutes. Add pepper flakes to hot oil, and stir. Transfer to small bowl, and set aside. Toss broccoli, salt and 1/4 cup water in same skillet, cover and set over high heat. Cook until broccoli is tender, shaking pan and stirring once, 4 minutes. Uncover skillet (water should be gone), and toss. Stir in garlic and oil, oyster sauce and orange peel. Transfer to warm serving platter, and sprinkle with sesame seeds.

**Buy Garlic in bulk** when you see what you like or it's on sale. Peel the cloves and put them into airtight containers in the freezer. Take out cloves as needed. The cloves will be soft enough to mince or slice in about 5 - 10 minutes or just place whole into stocks or soups.

**Garlic is highly nutritious** containing many of the B vitamins that are essential to good health. Some of the properties of garlic are destroyed when cooked, but many of the benefits remain in cooked garlic. So eat raw AND cooked garlic as often as you can!

### Garlic Fun Facts:

- Average consumption of garlic is believed to weigh in at around two pounds per person per year.
- Garlic contains many vitamins and minerals essential to good health.
- Garlic is not a vegetable or herb. It is actually in the Lily family.
- There are over 300 varieties of garlic.
- 90% of Garlic grown in the U.S. is grown in California, but China produces 66% of the world's garlic.
- The psychological term for fear of garlic is Alliumphobia.
- In ancient Greece, brides carried bouquets of herbs and garlic, not flowers.
- Garlic has been used to infuse vodka and as an ingredient to make cocktails.