

VIDEO COMPANION GUIDE

Cooking with Kale

Companion notes to the 5-minute cooking video.

A print companion to the video series at globaloneurbanfarming.org/resources

Three ways to cook kale

The video demonstrates raw (massaged salad), sautéed (garlic and olive oil), and baked (crispy chips). Each takes under 15 minutes.

Massaged kale salad

Strip 1 bunch of kale from the stems. Tear into bite-size pieces. Drizzle with 2 tbsp olive oil, 1 tbsp lemon juice, and a pinch of salt. Rub the leaves between your hands for 90 seconds until they darken and soften. Top with parmesan and toasted seeds.

Garlicky sautéed kale

Slice 4 garlic cloves. Warm 3 tbsp olive oil in a wide pan. Add garlic and a pinch of red pepper flakes. When fragrant, add torn kale and 2 tbsp water. Cover for 3 minutes. Uncover, salt to taste, and serve.

Crispy kale chips

Toss torn kale with 1 tbsp olive oil and ½ tsp salt. Spread on a sheet pan in a single layer. Bake at 300°F for 15 minutes until crisp but still green — not brown.

A note on varieties

Curly kale crisps best. Lacinato (dinosaur) kale is best raw. Red Russian is the most tender and sweet — great for beginners.