

Kale with Panfried Walnuts

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by Ian Knauer



(photo by: Roland Bello)

When earthy greens are tossed with a walnut- and garlic-scented oil and lots of crunchy nuts, they taste delightfully new.

Yield: Makes 8 servings

Active Time: 20 min

Total Time: 30 min

ingredients

3 pounds kale, stems and center ribs discarded

1 cup chopped walnuts (3 1/2 ounces)

3 tablespoons vegetable oil

2 garlic cloves, finely chopped

preparation

Tear kale into large pieces, then cook in a large pot of well-salted boiling water, uncovered, until tender, about 6 minutes. Drain kale, and, when cool enough to handle, press out excess liquid.

Cook walnuts in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until pale golden, about 5 minutes. Stir in garlic and cook, stirring, until very fragrant, about 1 minute. Add kale and salt and pepper to taste and cook, tossing, until heated through.

Serve kale warm or at room temperature.

What to drink:

Josmeyer Les Folastries

Gewürztraminer '05

Cooks' note:

Kale can be boiled (and excess liquid pressed out) 1 day ahead and chilled. Reheat before serving.