

## KALE

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I stayed in the Mediterranean region for Roasted Eggplant and Crispy Kale With Yogurt, which may be the most Mediterranean food ever.

It's a layered dish, and the bottom layer is essentially tzatziki — a thick yogurt mixed with shredded cucumber, garlic and lemon juice. On top of that goes bite-sized pieces of roasted eggplant. The kale is next, but it has been flash-cooked so it is lightly scorched and lightly crispy. And the top layer is cherry tomatoes that have been halved and tossed with olive oil and salt.

To be perfectly honest, this would be an amazing appetizer or meze even without the kale. But with a hint of bitterness to offset the oil and yogurt, the kale is a definite plus.

The last dish I made was the problem child: Kale With Shallots and Olive Oil. The first strike against it was the name. This dish does not have any shallots in it. It has onions — lots and lots of onions — and shallots are in the onion family. But that does not mean they are in this particular recipe.

The second strike was the oil. It calls for one cup of olive oil. That's eight ounces of olive oil to feed six to eight people. Sixteen tablespoons. Forty-eight teaspoons. That's 318 calories apiece for of six servings, 239 for eight.

Strike two-and-a-half was the proportions. The recipe calls for eight heaping cups of chopped kale, which it says is 3 1/2 to 4 pounds of kale. That's nonsense. You can get eight cups of chopped kale out of about one pound of kale.

I decided to compromise and use two pounds — 16 cups — of kale. It worked for me.

That's probably because the kale is cooked in coriander and cumin, along with a bucket of olive oil. The spices really give the dish a kick, and a hefty

dose of lemon juice at the end brings it all home.

Yes, it is a problem child. But as is often the case with problem children, it may be the one I love the most.

### ROASTED EGGPLANT AND CRISPY KALE WITH YOGURT

Yield: 4 servings

**2 medium eggplants, about 1½ pounds total, quartered lengthwise and cut crosswise into 1-inch pieces**  
**¼ cup vegetable oil**  
**Salt**  
**½ teaspoon ground cumin**  
**6 Tuscan kale leaves, ribs and stems removed, leaves coarsely torn**  
**1 medium cucumber**  
**1 cup plain whole-milk Greek yogurt**  
**1 tablespoon lemon juice**  
**1 garlic clove, finely minced**  
**2 cups cherry tomatoes, halved**  
**Olive oil for drizzling**

1. Preheat oven to 450 degrees.
2. Toss eggplants with vegetable oil on a rimmed baking sheet; season with salt. Roast, tossing halfway through, until eggplants are charred in spots and tender, 20 to 25 minutes. Remove from oven, sprinkle with cumin and toss to coat.
3. Meanwhile, heat a dry, large skillet over medium-high heat. Add kale, arranging to fit in a single, even layer (work in batches if needed). Cook, turning occasionally, until charred in spots and crisp, about 4 minutes. If using curly kale, weigh it down with another pan while it cooks.
4. Grate cucumber on the medium holes of a box grater; squeeze out excess liquid with your hands and transfer to a medium bowl. Mix in yogurt, lemon juice and garlic; season with salt.
5. Toss tomatoes with a good pinch of salt and a drizzle of olive oil in a medium bowl. Spoon yogurt mixture onto a platter and layer eggplants, kale

and tomatoes on top. Drizzle with more olive oil.

— Recipe from *Bon Appetit*

### KALE WITH ONIONS AND OLIVE OIL

Yield: 6 to 8 servings

**1 cup extra-virgin olive oil, divided**  
**1 tablespoon ground coriander**  
**1 scant tablespoon ground cumin**  
**½ tablespoon black pepper**  
**1 tablespoon salt**  
**2 cups chopped yellow onions**  
**½ tablespoon finely chopped garlic**  
**1 jalapeno pepper, finely chopped, optional**  
**16 heaping cups chopped kale (2 pounds), hard stems removed**  
**Juice of 1 lemon**

1. Heat ¾ cup of the oil in a heavy-bottomed pot over medium-high heat until hot. Add the coriander, cumin, black pepper and salt, and saute until fragrant, about 1 minute. Stir in the onions and saute until golden, 7 to 8 minutes. Remove ¼ cup of the mixture and set aside for garnish.
2. Stir in the garlic and cook until fragrant, about 1 minute. Add the jalapeno, if using. Add the kale by handfuls, stirring, and cook until reduced in bulk by half. Reduce the heat, cover and cook, stirring occasionally, until tender, about 15 minutes.
3. Remove from the heat, drizzle the remaining ¼ cup oil over the kale, cover and let sit until the oil is absorbed, 1 to 2 minutes. Transfer to a serving dish, drizzle with the lemon juice and garnish with the reserved onion mixture. Serve warm.

— Adapted from *"Olives, Lemons & Za'atar"* by Rawia Bishara.

### CANNELLINI BEANS WITH ROASTED RED PEPPERS AND KALE

- Continue spraying roses with a fungicide to prevent black spot disease.
- Zoysia can be fertilized now while actively growing. Do not exceed 2 to 3 pounds of actual nitrogen fertilizer per 1,000 square feet per year.

Yield: 4 servings as an entree, 12 servings as a side dish

**¼ cup extra-virgin olive oil, plus extra for serving**  
**4 garlic cloves, minced**  
**1 small red onion, halved and sliced thin**  
**Salt and pepper**  
**1 cup jarred roasted red peppers, sliced thin lengthwise**  
**1 pound kale, stemmed and sliced thin crosswise**  
**2 (15-ounce) cans cannellini beans, rinsed**  
**½ cup dry white wine**  
**½ cup water**  
**1 ounce Parmesan cheese (½ cup)**  
**Lemon wedges**

1. Cook oil, garlic and pepper flakes in a 12-inch skillet over medium-high heat until garlic turns golden brown, about 2 minutes. Stir in onion and ¼ teaspoon salt, reduce heat to medium, and cook until onion is softened and glossy, about 3 minutes.
2. Stir in kale, 1 handful at a time, and cook until wilted, about 3 minutes. Stir in beans, wine and water and bring to a simmer. Reduce heat to medium-low, cover and cook until flavors have melded and kale is tender, 15 to 20 minutes. Season with salt and pepper to taste. Serve with Parmesan, lemon wedges and extra oil.

— Recipe from *"The Complete Vegetarian Cookbook,"* by *America's Test Kitchen*

### GREEN SOUP

Yield: 6 to 8 servings

**7 tablespoons olive oil, divided**  
**1 large yellow onion, chopped**  
**1 pound Yukon Gold potatoes, peeled and diced**  
**2 garlic cloves, minced**  
**4 cups chicken stock**  
**1 bunch kale or collard greens, thick center stems and fibrous veins removed**  
**1 tablespoon cider**

## GARDEN

Continued from Page 1B

### GARDEN CHORES

• Softwood cuttings can be taken from trees and shrubs as the spring flush of growth

is beginning to mature.

- Trees and shrubs may still be fertilized before July 4.
- Pruning of spring flowering trees and shrubs should be completed before month's end.

• Water turf as needed to prevent drought stress.

- A mailbox mounted on a nearby post makes a handy place to store and keep dry any small tools, seeds, labels, etc. frequently used in the garden.

## OATS

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Daykin says she loves steel-cut oats but finds they take too long to make on a busy weekday morning. So, she created a make-ahead loaf that you slice into breakfast portions and quickly reheat in the microwave.

### THE GREAT OAT LOAF

Makes 1 (8-inch) loaf

**6 cups water**  
**½ teaspoon salt**  
**2 cups steel-cut oats**  
**1 teaspoon ground cinnamon**

Place the water and salt in a large pot and bring to a boil over high heat. Add the steel-cut oats and stir vigorously to combine. Bring back to a boil, then reduce the heat, cover, and simmer for 15 to 20 minutes, until the oats are cooked through (they should be nice and thick). Lift the lid every 5 minutes or so to give them a good stir. Add the ground cinnamon and stir again.

Remove from the heat and gently pour the oat mixture into an 8-inch loaf pan. The top of the loaf will be slightly domed, but you can use a spatula to smooth it over. Cover with plastic wrap and let set in the refrigerator for at least 2 hours or overnight.

Once set, turn the loaf out onto a plate or small platter. Cut off a nice thick slice, heat in the microwave for about 1 minute, and top with your favorite oatmeal fixings. I like a big scoop of Strawberry Rhubarb Compote and a little brown sugar.

Store, covered, in the refrigerator for up to 1 week.

## DORY

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It was suggested that I sing in the choir and, because I enjoyed music, I went to rehearsal where the director asked what part I sang. I didn't know but I thought I might be an alto. I hadn't sung more than a few words before the Dean stopped the choir and put me in the front row with the sopranos.

"You are not only NOT an alto," he told me "but you are a very high soprano."

I stood for many years in that choir with friends Betty Hagen and Beth Gifford under the Dean's direction and I tie it today with my sister's and cousins' birthdays because of

the similarities of cousins Bill, Betty, and Dick and songsters Betty, Beth, and Dorothy.

For a moment we switch to wearing apparel, primarily for men's and boys' wear although some women needed them, too, to get them through a cold winter and served as the foundation garment for outer wear of shirt and pants and coats. This was mainly in the olden days when full underwear from neck to foot with a row of buttons in the front and complete with a drop-seat in the back was a necessity for workers out-of-doors in the bitter cold. It was known as a union suit or long Johns or flannels, or simply as underwear. There was another name but I can't think of

it just now and neither could anyone else I asked at the time prior to deadline time. Later came more modern thermals and skivvies.

Anyway, now in moving on we jump back to the choir and Dean Geist who had another name for this article of wear without meaning to and maybe I should add that to our list. He called them BeeBeeDees. It came about this way.

One evening the choir had given a cantata and afterwards some folks came up to congratulate our director. In visiting with them he was passing on the praises to members of the choir. He was overheard in speaking of we three ladies as his dependable

sopranos and his foundation for that part of the choir.

"They are Betty, Beth, and Dorothy — B, B, D. Then he and his friends all laughed heartily as he said, "My Bee-BeeDees — and I have three of them."

For years we have laughed over that and this year in remembering the three with birthdays in a row — Bill, Betty and Dick — you can see that I also have three Bee-BeeDees on my line, too.

I think with equal affection of a Monday's wash clothes-line waving all these foundation BeeBeeDees (union suits) in the wind. You can laugh, too, if you like and are able to picture them as I do from long ago.

**vinegar, optional**  
**Salt and pepper (preferably white pepper)**  
**18 or 24 (¼-inch) slices chorizo**

1. Heat 2 tablespoons of the oil in a large pot over medium heat until it shimmers. Add onion and cook, stirring frequently, until light golden, about 10 minutes. Add potatoes and cook, stirring often, until they start to spot with color, about 7 minutes. Add the garlic and cook for 1 minute more.

2. Pour in the chicken stock and 3 cups of water, and bring to a boil over high heat. Reduce the heat to medium-low, cover and simmer until the potatoes are falling-apart tender, 20 to 25 minutes.

3. Meanwhile, stack several of the kale leaves and cut into whisker-thin slices. Repeat with the rest of the kale.

4. Puree the soup using a handheld blender, or liquefy in batches in a food processor. Return it to the pot, and bring it back to a boil. Turn the heat to low, stir in the kale and simmer, uncovered, until just tender, 5 to 10 minutes. Swirl in the vinegar, if using. Season well with salt and pepper.

5. Meanwhile, heat the remaining 5 tablespoons of olive oil in a skillet over medium

heat until it shimmers. Add the chorizo and cook until crispy, 3 to 5 minutes. Transfer to paper towels. Let the chorizo oil cool a bit.

6. To serve, ladle the soup into warm bowls, crown each with 3 slices of chorizo and drizzle some of the flavored oil from the skillet over the top.

— Recipe from *"The New Portuguese Table,"* by David Leite



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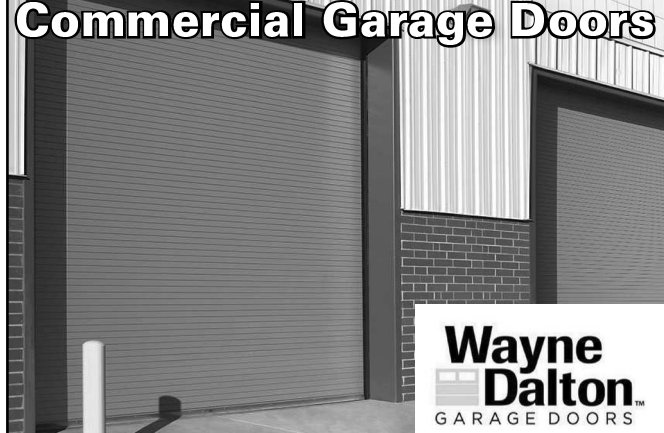


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