

Carrboro
FARMERS' MARKET
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Recipe of the Week

October 27, 2007

Curried Collards with Paneer
from Kelly Clark, Market staff

This is a take on an Indian dish called Saag Paneer, and it features a unique cheese found in our Market called Paneer. When cooked, Paneer does not melt, so it retains its shape and adds a nice texture contrast to the greens.

Ingredients:

2 bunches collards*, about 16 large leaves
4 cups homemade chicken or vegetable stock
½ cup minced onion
4 Tbls olive oil
1 Tbls Curry Powder (or more to taste)
4 oz Chapel Hill Creamery Paneer*, cut into ½ inch cubes
Salt and pepper to taste

Procedure:

Wash and stem the collards. Tear the leaves into large pieces. Bring the stock to a boil in a large pot; add the collards in handfuls, stirring and tossing until the leaves have wilted, then simmer uncovered for at least one hour. The collards are done when the leaves are very tender. Strain the collards, reserving the liquid. Chop the collards very fine.

Heat 3 tablespoons of olive oil in a pan, add the minced onion and sauté until translucent. Add the curry powder and sauté for one minute. Add the chopped collards and toss until the greens are well coated. Taste. If you want to add more curry, heat the remaining tablespoon of oil in a small pan, add additional curry and sauté for one minute, then add to the collards and mix well. Add the Paneer and toss to mix well. Add some of the collard liquid to the pan, enough to make the dish wet without being soupy. Heat thoroughly. Add salt and pepper to taste.

*Available at Market

Continued on other side