


Carrboro Farmers' Market

Locally Grown  Nationally Known

September 25, 2004

Recipe of the Week featuring Kale

from Sheri Castle of Creative Cooking with Sheri Castle

Smoked Sausage, Kale and Potato Soup

This old world recipe yields great, hearty flavor for very little effort. You can use any of the small potatoes you can find at the market right now, plus you can use another green in place of the kale. If you like, throw in a few of those tender, baby turnips. After potato and turnip season, you can use cooked white beans in place of the potatoes.

2 tablespoons olive oil
1 large onion, peeled and chopped
8 ounces smoked fully cooked sausage (such as kielbasa or chorizo), sliced into rounds
4 cups chicken broth
1 1/2 pounds small potatoes, thinly sliced (no need to peel if the skins are thin)
2 cups dry white wine
1 teaspoon salt
1 pound young, tender kale, trimmed and shredded (about 10 cups)
Freshly ground black pepper

1. Heat the oil in a large, heavy pot over medium heat.
2. Add the onion and cook, stirring often, until it softens, about 8 minutes.
3. Add the sausage and cook until it begins to brown.
4. Add the chicken broth, sliced potatoes and white wine. Bring the mixture to a boil.
5. Reduce the heat, cover the saucepan and simmer the soup until the potatoes are almost tender, about 10 minutes.
6. Add the kale and simmer uncovered until the kale is very tender, about 10 minutes longer.
7. Season the soup to taste pepper and additional salt, if needed.



Makes 4 to 6 servings.



www.shericastle.com

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Chapel Hill~Carrboro Farmers' Markets

Carrboro Farmers' Market  Saturdays  March 20 – December 19

Carrboro Farmers' Market  Wednesdays  April 14 – October 20

Southern Village Farmers' Market  Thursdays  May 6 – September 30

Don't be afraid to experiment! Create your own recipe using this helpful list ~

From *Culinary Artistry* by Andrew Dornenburg & Karen Page

Kale is complemented by

bacon
cheese
cream

garlic
lemon
olive oil

onions
potatoes

About kale from *Greene on Greens* ISBN 0-89480-659-9

Kale's moniker in other languages is highly descriptive, to say the least. French call it *chou frise* ("curly cabbage"), while Germans tag it *Krauskohl* ("crispy cabbage"), and Italians know it as *cavolo arricciato* ("curled cabbage"). The Spanish *col rizada* ("cabbage waves") is no less graphic. But leave it to the sensible Dutch to come up with the perfect cognomen. Knowing a good bucolic viand when they grew it, Netherlanders christened kale *boerenkool* ("farm cabbage").

In the British Isles, kale is considered to be a plant with mystical powers. For example, the Irish say fairies ride kale stalks in the dark of the moon. When an Irish farmer finds the curly leaves in disarray at sunup, it means his crops will all flourish and grow tall.

My own experience growing kale has been less positive, however. When I find the leaves splayed horizontally in my vegetable patch, it most often augurs an invasion of aphids on the underside of every stalk. Go fight legends, as my mother would say!

The Market is open until December 18th

Lot's of fresh food yet to come!

Fill your gift baskets with our products!

Special Thanksgiving Market

Tuesday, November 23rd

2:00 – 6:00

www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com