

Cream of Kale Soup

Preparing and Cooking Kale

Before using kale give it a good wash in a sinkful of water to remove any dirt clinging to the inside of the leaves. If the stems are very small and tender they can be cooked with the leaves. Any thick, tough stalks should be discarded.

Kale has a relatively low moisture content and therefore does not shrink as much as other greens and requires a longer cooking time. Except when very young, kale is not particularly pleasant when undercooked and should be served soft rather than al dente. Steam, simmer or saute gently for several minutes until thoroughly tender. A stock can be added for extra flavour.

Cream of Kale Soup

Ingredients:

10mls vegetable oil
100g kale
1 onion finely chopped
500mls vegetable or chicken stock
500mls milk
freshly milled pepper
a light pinch of salt
a pinch of grated nutmeg
1 heaped dessertspoon cornflour
45mls for a swirl of cream in each bowl



Method:

1. Rinse & shred kale
2. Heat oil in pan and sweat onion until soft in pan.
3. Add kale, stock and seasoning to pan
4. Allow to simmer for approx 15 minutes until the kale is tender. Stir in milk.
5. Liquidize to your preferred texture - very fine puree or still a little chunky.

6. Return to pan. Blend the cornflour with a little extra milk in a cup and add to pan, stir through boil to thicken the soup a little.
7. Taste to check seasoning.
8. Serve in bowls with a swirl of cream and an extra pinch of nutmeg

Serves 3-4

Alternatively instead of adding cornflour the soup can be thickened by adding two medium potatoes (peeled and diced) with the onion at step 2

Kale is considered to be a highly nutritious vegetable with powerful antioxidant properties and is anti-inflammatory

Kale is very high in vitamins A [K](#), and C, and reasonably rich in calcium and iron.

During [World War II](#), the cultivation of kale in the U.K. was encouraged by the [Dig for Victory](#) campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from an ordinary normal diet because of [rationing](#).

Recipes kindly provided by the Home Economics Dept. at Campbeltown Grammar School.