



KALE AND CAVOLO NERO CHIPS

Season: Autumn, Winter
From the garden: Kale
Type: Snack,
Difficulty: Easy
Serves: 30 tastes
Source: www.amycastle.com - Kale chips

Equipment

- Oven tray
- Knife
- Chopping board
- Tongs
- Oven mitts

Ingredients

- * Bunches of curly kale or cavolo nero leaves
- * Olive oil
- * Salt

Method

1. Preheat the oven to 180 degrees C.
2. Wash the cavolo nero / kale and remove the leaves from the stem. You can do this by holding the bottom of the stem with one hand and sliding the other hand upwards towards the tip. Keep the stems and refrigerate them - we may be able to use them for something next week!
3. Tear into bite-sized pieces. Cut or tear off any excess pieces of stem.
4. Dry kale / cavolo nero thoroughly with a clean tea towel to ensure all moisture has been removed.
5. Spread pieces out over a baking tray and drizzle with olive oil. It's OK if the leaves touch each other, you just don't want them completely overlapping.
6. Gently massage the oil into the kale / cavolo nero. Make sure that the pieces are completely and evenly coated with the oil.
7. Arrange in a single layer on the tray.
8. Bake in the oven for approximately 20 minutes, turning the leaves over with tongs at the 10 minute mark to ensure that they crisp up evenly.
9. Lightly sprinkle the kale chips with salt to taste.

Notes:

- We add the salt at the *end* because if we add it before the kale goes into the oven, the salt will draw out the moisture from the kale making it more likely to burn while cooking.
- Kale is from the Brassica (cabbage) family. It is the most nutrient-dense leafy green vegetable! It contains iron, protein, riboflavins and many more valuable dietary minerals and vitamins.

Skills: Massaging oil on with hands, turning delicate chips with tongs, regular checking to identify when chips look 'ready'