

A collection of fresh ingredients and pantry items for a recipe, including kale, peanuts, garlic, ginger, and various oils and vinegars. The items are arranged on a wooden surface. In the foreground, there is a large bunch of curly kale, a head of garlic, a whole ginger root, and a bunch of fresh cilantro. A clear glass bowl in the center contains a mixture of chopped vegetables and peanuts. Behind the bowl, there is a bag of 'TRADER'S' brand roasted peanuts, a bottle of 'WELLBELY' brand balsamic vinegar, a bottle of 'VERMONT VILLAGE' brand organic apple cider vinegar, a bottle of 'CHOCHO' brand avocado oil, a jar of 'Ground Ginger', a jar of 'Ground Turmeric', and a package of 'California' brand 'SANTITAS' brand salsa. The background shows a white kitchen cabinet and a white oven.

1. Cleaning Kale and Leek: Both fresh kale leaves and fresh leek shoots (shown below) tend to hold onto a good deal of soil from the field they grow in.



To avoid a most unpleasant sensation of chewing on that soil (I know that sensation from experience), give the kale and leek a good cleaning as shown in this recipe. That cleaning is well worth the effort.

2. Kale Nutrition: Kale rates highest along with collard, turnip, and mustard greens, Swiss chard, and upland watercress with a score of 1000 on the Aggregated Nutrient Density Index (ANDI), which scores foods from 1-1000 based on their nutrient to calorie ratio. Kale is particularly rich in **vitamin K** (promotes healthy blood, bones, and more), **vitamin A** (promotes healthy eyes, teeth, immune system, and more) and **vitamin C** (promotes healthy bones, connective tissue, immune system, and more). Of note, vitamins K and A are both oil/fat soluble, which means kale is best eaten along with some oil or (healthy) fat (for example, a shot of olive oil, avocado oil, as used here, or oil-based salad dressing).

Preparation Time: 7-10 minutes

Total Cooking Time: 7-10 minutes

Ingredients

(for 2-4 as a side dish)

1 Bunch Fresh Kale

1 Fresh Leek

6 Garlic Cloves

Bunch Fresh Cilantro

1 Tablespoon Avocado Oil

1 Tablespoon Ground Ginger

1 Tablespoon Ground Turmeric

1/4 Cup Teriyaki Sauce

Shot of Apple Cider Vinegar

Shot of Balsamic Vinegar

1/2 Handful Sesame Seeds

1-2 Handfuls Roasted Peanuts (I use salt reduced peanuts)

Feta Cheese

Sun-dried Tomatoes

Dash of Hot Sauce (optional)



Equipment

Large Frying Pan

Spatula

Large Sharp (Chef's) Knife

Cutting Board

Tablespoon

Bowl

Washing Basin

Colander



1. Pull **6 garlic cloves** from a **fresh garlic bulb**.



Cover one **garlic clove** a time with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel off the **garlic skins**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown below.



2. Tear the **kale leaves** in bite-sized pieces from the **kale ribs (stems)** and put them in a washing basin.



3. Cut the **root end** from a **leek stalk**, and cut the **leek stalk** in half lengthwise.



Hold the **leek stalk halves** together and cut them into cross section pieces about 1/2 inch (12 mm) wide. Then add the **cut leek pieces** to the **kale** in the washing basin.



4. Fill the basin with cold tap water and give the **kale and leek** a good hand-scrubbing cleaning. Then

let the kale for 1-2 minutes to allow dirt in the water to settle at the bottom of the basin.



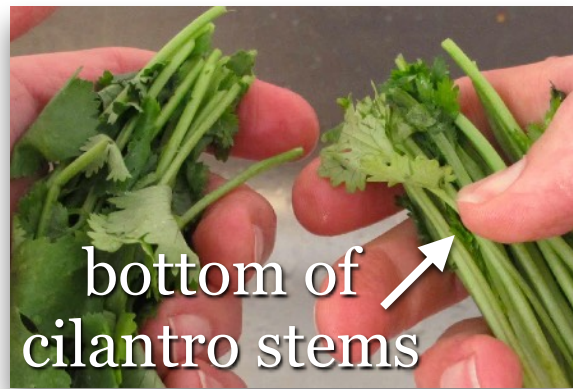
After allowing the water to settle, hand-transfer (don't pour) the **rinsed kale and leek** from the basin into a colander. The water left in the basin will probably look something like what's shown in the right picture below (leaving the dirt in the basin is why you should hand-transfer, not pour the rinsed kale and leek into the colander).



5. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.



6. While the pan warms, rinse and shake dry **a handful of fresh cilantro** and then twist off the **bottom of the cilantro stems**.



Cut and chop the **cilantro** into small flake pieces as shown below.



7. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate.



8. When the pan is properly warmed, add about as much **avocado** or **olive oil** as shown here (about 1-2 tablespoons).



Then hold the pan handle, lift the pan from the stove and roll your wrist to swirl and spread the **oil** evenly over the pan surface and...



...add the **kale and leek** from the colander along with the chopped **chopped garlic**.



9. Right away, add the following to the pan: **1** **tablespoon ground turmeric**, **1** **tablespoon ground ginger**,...



...a good pour (about 1/4 cup) of teriyaki sauce, and about as much **sesame seeds** as shown in the picture below right (about 1/4 cup).



10. Stir the **ingredients** in the pan with a spatula and...



...add **a good shot (about 2 tablespoons) apple cider vinegar, a good shot (about 2 tablespoons) balsamic vinegar,...**



...**a handful of peanuts, a handful of sun-dried tomatoes, and chopped cilantro.**



11. Stir until **all the ingredients** in the pan are well mixed together and the **kale** just starts to soften as shown in the picture below right.



12. Scoop the **cooked kale teriyaki** into a bowl.



13. Add **feta (or any) cheese** and **hot sauce** to taste, stir with a big spoon and...



...serve warm!



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