



Future Food
SANCTUARY



Chef Charisse – Kale, Mushroom & Garlic Butter Rice & Kale Pakoras

Who knew that Curly Kale could taste so delicious. Thanks to Chef Charisse from Future Food Sanctuary for sharing simple, tasty ways of using Curly Kale.

Chef Charisse or otherwise known as Charisse Cooks is the Private Head Chef for Future Food Sanctuary at Maison Noir a luxury Villa in Hout Bay.

This week's vegetable



KALE, MUSHROOM & GARLIC BUTTER RICE WITH KALE PAKORAS

Servings: 6 to 8

INGREDIENTS: KALE, MUSHROOM & GARLIC BUTTER RICE

Marinated Kale:

- 7 cups kale sliced leaves, tightly packed (1cm)
- 2 tsp extra virgin olive oil
- Salt and pepper

Mushroom Garlic Butter Rice:

- 3 tbsp unsalted butter
- 250g sliced, chopped or torn mushrooms of your choice
- 3 medium garlic cloves, minced
- 1 1/2 cups uncooked white basmati rice or quinoa (see my notes below)
- 2 1/4 cups chicken broth (or vegetable)

Finishing:

- 1 - 2 tbsp butter
- 1/3 cup chopped almonds (or other nuts / seeds of choice)

METHOD

Place kale in a large bowl. Remove kale leaves from the stem by grasping the thick base of the stem then running your hand up the stem to remove the leaves. Discard thick stalk. Scrunch up leaves tightly then slice. Use about 7 handfuls which is about 7 cups jam packed with chopped kale leaves. Pour over oil, sprinkle with a small pinch of salt and pepper. Scrunch with hands for 30 seconds, set aside while rice cooks.

Melt butter in a large pot over medium high heat. Add mushrooms and cook for 3-5 minutes then add the garlic, stir for 1 minute until just starting to turn golden and is incredibly fragrant. Add rice, stir for 10 seconds. Add broth, stir, then cover. Turn heat down to medium or medium low so the liquid is simmering very gently.

Cook for 12 - 15 minutes until all liquid is absorbed (tilt pot to check). Quickly toss all the kale on top of the rice, put the lid back on then remove from heat. Rest for 10 to 15 minutes. Fluff rice with fork, stirring kale through.

Lastly, stir through extra butter and add salt and pepper to taste. Serve and sprinkle over nuts (or stir nuts through rice.)

Notes

Quinoa: Rinse and cook per this recipe but use 2 cups quinoa, 2 cups broth, 2 cups water. Pop the kale into the pot about 10 minutes into the cook time when there's still a bit of liquid left so it wilts better (quinoa doesn't retain heat as well as rice so won't wilt properly during rest time).

INGREDIENTS: KALE PAKORAS

- 2 cups chickpea flour
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1/2 tsp turmeric
- Pinch of chilli powder
- Pinch of salt
- 1 1/4 cups water
- Sunflower or Peanut oil, for frying
- 1 bunch kale
- Date or Mango chutney, to serve

METHOD

Whisk flour, cumin, ground coriander, garam masala, turmeric, chilli and salt in a bowl. Make a well in the centre. Add water. Whisk to combine. Cover. Place in fridge for 30 minutes.

Pour sunflower or peanut oil into a deep fryer, wok or deep heavy based pot to come 10cm up the side. Heat to 170C. Wash the leaves thoroughly. Chop leaves of kale into 5cm pieces (Discard stems). Dip in batter, shaking off excess. Cook for 3 minutes or until crisp. Season with salt.

Serve with mango chutney.

Enjoy!



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