

Comfort Food Greens

Lacinato Kale plays the leading role in tonight's production, but it's the supporting cast that makes this ensemble sing. Smoky tempeh delivers a powerful supporting performance (filling the role of bacon) and poached eggs add tasty harmony as they hit all the right notes with savory richness. This memorable dinnertime moment is anchored with a base of caramelized potato slices.

Bravo to the comfort food experience!

Preparation Time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add.

Roasted Potato Rounds/Tempeh

Roasted Potatoes

1 tsp. canola oil

2 medium red potatoes (scrubbed and sliced into 1/4" rounds)

Tempeh:

4 slices smoky tempeh

Poached Eggs

4 large eggs

salt and pepper to taste

Sautéed Kale

Sauteéd Kale:

1 tsp. olive oil

1 tsp. low-sodium soy sauce

1 T. Balsamic vinegar

3/4 C. low-sodium vegetable broth

2 cloves garlic (smashed and chopped)

1/2 C. onion (chopped)

1 bunch kale (stems and leaves chopped separately)

Finish:

1 fresh pear (cored, and sliced)

Preheat the oven to
400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by getting the potato slices into the oven and browning the tempeh. Poach the eggs as you finish the recipe. Once you get the water boiling you can keep an eye on them with no distractions. You can get them cooked just the way you like them.

Roasted Potato Rounds and Brownd Tempeh

1. Spread oil on a cookie sheet and arrange potato slices on the sheet. (Leave about 5" of space on one end of the sheet for the tempeh.) Place potatoes in the oven and set a timer for 15 minutes.
2. When timer sounds, turn the potatoes and reset the timer for 5 more minutes.
3. When the timer sounds, lay the tempeh strips next to the potatoes and return to the oven. Set a timer for 5 additional minutes and turn the tempeh strips. Cook all ingredients a final 5 minutes and remove potatoes and tempeh from the oven. The potatoes should be brown and crispy.
4. Allow tempeh strips to cool and chop them before adding to the greens.

Sautéed Kale

1. Measure oil, soy sauce, vinegar and broth into a large, high sided kettle and bring to boil.
2. Add garlic, onion and chopped stems from greens. Toss from time to time over medium heat for 15 minutes. (If needed, add a little more broth.)
3. Add chopped leaves from greens and chopped tempeh. Toss another 4 minutes. Remove from heat.

Poach Eggs and Plate the Meal

Poaching eggs the old-fashioned way:

1. Bring 1-1/2 C. water to boil in a medium sauté pan. Reduce to medium-high heat.
2. Crack eggs over sink one at a time into a fine sieve letting just the thinnest part of the white drain off.
3. Transfer to a cup and pour each egg into boiling water. Poach 3-5 minutes to desired firmness.

Poaching eggs with an egg poaching pan:

1. Crack eggs into oiled poaching cups over boiling water, cover pan and poach 3-5 minutes to desired firmness.

Plate meal:

While eggs poach, arrange roasted potatoes on plates. Divide cooked greens over potatoes and make two small indentations in center of greens. Slide poached eggs into indentations in greens. Instruct diners to break the eggs into the greens as they begin dining. Serve sliced pears as a side.

What I've Learned from this Recipe

Three key properties are needed in comfort food: caramelization, saltiness and savory richness. Potatoes are the caramelized ingredient, smoky tempeh provides a slightly salty and smoky flavor, and the savory richness of poached egg finishes tonight's comfort food trifecta.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com