

Curried Kale with Bulgur and Lentils

Another cold weather variation of kale awaits. These greens can be traced back 2,000 years to Austria/Hungary and they are a not-so-distant relative to broccoli and cauliflower. The villagers called it “capuzzo.” We call it kale.

Tonight, you’ll return to one of my favorite versions of kale preparation. It combines homemade Masala curry spice mix with pieces of sweet, fresh pineapple. It’s served over hearty bulgur with a scoop of savory lentils.

Preparation Time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add. Prepare a total of 1 cup of chopped onion today: 1/2 C. for the kale and 1/2 C. for the lentils.

Bulgur, Lentils

Bulgur:

3/4 C. uncooked bulgur
and
1-1/2 C. Water

Lentils:

1 tsp. olive oil
1/2 C. chopped onion
1 C. brown lentils (rinsed)
2-1/2 C. water
1 cube Not Chick’n bouillon
1 bay leaf

Garnish

3 T. slivered almonds (toasted)
4 tsp. crumbled feta cheese
juice from 1/2 a lime
2 Satsuma oranges

Curried Kale

1 tsp. olive oil
6 cremini mushrooms (sliced)

1 tsp. olive oil
2 cloves garlic (smashed and chopped)
1/2 C. yellow onion (coarsely chopped)
1/2 of a large red bell pepper (coarsely chopped)
1 bunch Lacinato Kale (washed, stems and leaves chopped separately)
1/2 C. white wine
1 C. low-sodium veggie broth
2 T. molasses
1-1/2 T. Masala curry spice (See “Tips and Time Savers”. You can also use commercial curry powder.)
1 tsp. low-sodium soy sauce
3 T. rice wine vinegar

1 T. cornstarch
mixed with
1 C. water

1 C. fresh pineapple or one 6 oz. can drained pineapple chunks (chopped)
1/2 C. fresh cilantro (chopped)
3 T. fresh parsley (chopped)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking both bulgur and lentils. Once they're underway, it's all about making the curry. You can use commercial Masala Curry Mix or make your own Masala Curry Mix ("Tips and Time Savers.") Once ingredients are set out, this is a simple recipe to assemble.

Bulgur and Lentils

1. Bring bulgur and water to a boil. Turn off heat, cover and leave on burner until ready to dine.
2. Lentils - Measure olive oil into a second medium saucepan.
3. Add chopped onions and toss over medium-high heat until onion becomes translucent.
4. Add rinsed lentils, water, bouillon cube and bay leaf. Bring to a boil, reduce heat to low, cover and cook 30-40 minutes, or until tender.

Curried Kale

1. Brown mushrooms in a large sauté pan with olive oil. Set aside.
2. Measure another tsp. olive oil into deep soup kettle. Toss prepped garlic, onion, peppers and kale stems in oil over high heat until onions begin to brown.
3. Add wine, broth, molasses, masala curry spice mix, soy sauce and vinegar. Bring to a boil and cook 8 minutes over medium heat.
4. Thicken with cornstarch mixture and cook 5-minutes over low heat.
5. Drop chopped kale leaves, pineapple, cilantro and parsley to pan and toss 4-minutes over medium-high heat. Remove from burner.

Plate the Meal

1. Make a mound of 2/3 C. cooked bulgur in the center of a large plate. Flatten the mound with a small plate.
2. Ladle 1-1/2 to 2 Cups greens mixture over the bulgur, leaving some exposed bulgur around the edges.
3. Measure and place 2/3 C. cooked lentils over greens. Leave greens visible under lentils.
4. Just before serving, sprinkle each plate with toasted almonds, dust with a little crumbled feta cheese and drizzle with fresh lime-juice.

Peel and open the sections of a Satsuma orange and place on each plate as a finish

What I've Learned from this Recipe

There're some excellent commercial Masala Curry Spice mixes available. In India, "Masala" simply means a mix of spices (often including curry leaves). When the word "Garam" appears, it refers to the spicy hotness of the curry. Garam Masala often doesn't include turmeric.

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