

Kale with Winter Pear and Roasted Potatoes

It's tax season! The season may give you heartburn, but this meal won't. Tender Lacinato kale over caramelized potato slices is the heart of the meal. The dish is accented with browned and thin-sliced Field Roast Apple Sausage and dusted with crumbled Gorgonzola cheese. An arrangement of poached winter pears over of the greens will finish the plate.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients so they are easy to add. Being a well organized cook is always a good idea.

Sausage

1 package Field Roast Apple Sausage
(You will use 1 link in this recipe)

Sautéed Kale

1 tsp. olive oil
1 tsp. low-sodium soy sauce
2 T. balsamic vinegar
2/3 C. low-sodium vegetable broth
1 clove garlic (smashed and chopped)
3/4 C. onion (chopped)
one bunch Lacinato or Dino kale (washed, stems
and leaves chopped separately)

Caramelized Potato Rounds

2 medium potatoes (scrubbed
and sliced in 1/4" thick rounds)

1 tsp. olive oil

Poached Pear and Garnish

Pear:

1 tsp. olive oil
1 winter pear (cored, quartered and
sliced)
1/3 C. white wine

Garnish:

2 T. Gorgonzola crumbles

Preheat Oven to
400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once potatoes are in the oven you'll have time to prepare the rest of the meal while the potatoes cook.

Caramelized Potato Rounds

Place potato slices on oiled cookie sheet and bake in a 400° oven. Set a timer for 15 minutes. When the timer sounds, turn the potatoes and reset the timer for another 15 minutes.

Sausage

1. Cook a full package of Field Roast Apple Sausages.
2. Remove plastic casings, slice sausages in half lengthwise and brown.
3. Select 1 browned sausage (2 halves) for tonight and slice into 1/8" half rounds. Set aside.
4. Store extra browned sausages in a re-sealable bag in the fridge.

Poached Pear

Heat oil in a 9" sauté pan. Lay pear slices in hot oil and let them sear for about 30 seconds per side. You just want a little caramelization color on them.

Add white wine and poach about 1 minute per side. Remove from heat.

Sautéed Kale

1. Measure oil, soy sauce, vinegar and broth into a large, heavy-bottomed pan or kettle. Bring to a boil.
2. Add garlic, onion and chopped stems. Sauté 10-minutes over medium heat.
3. Add chopped kale leaves. Toss 4 more minutes over medium heat. Add sliced Apple Sausage and toss well. Turn off heat. Stir occasionally and add a little more broth if the pan cooks dry.

Plate the Meal

Divide caramelized potato slices between two plates. Top with sautéed kale and arrange poached pears over the top. Garnish with Gorgonzola crumbles.

What I've Learned from this Recipe

Winter pears are often a bit firmer and sometimes have an almost grainy texture. That's why I poach the slices. The poaching adds flavor with the caramelization and gives the pears a smooth mouth feel.

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