

# White Bean and Kale Curry

Greens originated as a food source more than 2,000 years ago in Austria/Hungary. They're a not-so-distant relative to broccoli and cauliflower. The European villagers called these dark greens "capuzzo," we call them "kale." Kale actually has more iron per ounce than beef and has become a staple in the human diet.

These rich tasting greens lend themselves nicely to bold flavors like curry. Tonight, you'll prepare them using a homemade Masala Curry Mix with fresh pineapple pieces to add a little sweetness. **Preparation time: 55 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on small plates or in bowls. It'll be a lot more fun to cook when you have everything at your fingertips. Be sure to toast the slivered almonds as part of prep.

### Quinoa

1 C. uncooked Quinoa  
and  
2 C. Water

### Homemade Masala Curry Mix

2 T. coriander seeds  
1 T. cumin seeds  
1 T. whole black pepper corns  
1 tsp. fennel seeds  
1/4 tsp. whole clove  
1 cinnamon stick  
1/2 tsp. red pepper flakes  
  
2 T. ground turmeric  
1/2 tsp. ground ginger

### Garnish

4 T. slivered almonds (toasted)  
juice from 1/2 of a lime

### Curried Kale

1 tsp. olive oil  
8 cremini mushrooms (sliced)  
  
1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
2/3 C. medium yellow onion (coarsely chopped)  
2/3 C. red bell pepper (coarsely chopped)  
1 bunch Lacinato Kale (leaves and stems chopped separately)  
  
1/2 C. white wine  
1 C. low-sodium veggie broth  
1 T. molasses  
1-1/2 T. homemade Masala curry powder  
1 tsp. low-sodium soy sauce  
3 T. rice wine vinegar  
  
1 T. cornstarch  
mixed with  
1/2 C. water  
  
1-1/2 C. fresh or canned pineapple (chopped)  
one 15 oz. can great northern beans (drained and rinsed)  
1/3 C. fresh cilantro (chopped)  
3 T. curly parsley (chopped)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by cooking the quinoa. Place quinoa and water in a saucepan and bring to a boil. Turn off heat, cover, and leave on burner. Let stand until ready to dine. You can now complete the steps below.

### Homemade Masala Curry Mix

When you make the curry mix, open a window and turn on an exhaust fan as you start. The spices will release strong fumes that can make you choke.

1. Combine coriander, cumin, peppercorns, fennel, clove, cinnamon stick and pepper flakes in a shallow sauté pan. Stir over medium high heat until you begin to smell the toasty aroma and see some slight color change. Remove from heat and let cool.
2. Place in a spice grinder or an old coffee grinder and grind fine. You may also use a mortar and pestle to grind by hand.
3. Mix the ground turmeric and ginger into the freshly ground spices and transfer to a small jar with a tight-fitting lid and store. No refrigeration is necessary.

### Curried Kale

1. Brown mushrooms in olive oil, remove from pan and set aside.
2. Using the same pan, add a little more oil and toss garlic, onion, peppers and chopped kale stems over high heat until the onions begin to brown.
3. Add wine, broth, molasses, Masala curry mix, soy sauce and vinegar. Bring to a boil and cook 8 minutes over medium heat.
4. Thicken slightly with cornstarch mixture and cook 5 minutes.
5. Drop chopped kale leaves, pineapple, rinsed beans, cilantro and parsley into pan and toss 3-minutes over high heat. Remove from heat.

### Plate the Meal

Make a mound of about 2/3 C. cooked quinoa in the center of a large plate. Ladle 2 Cups greens mixture over quinoa, leaving the top of the quinoa dome exposed.

Just before serving, garnish with toasted almonds and drizzle a little fresh lime-juice over greens.

### What I've Learned from this Recipe

Making your own Masala Curry Mix will add a little more time to your recipe but the leftover curry mix keeps for months. It's terrific to have on hand.

Let us know what you think, and ask any questions you have! [chezdon@plate6.com](mailto:chezdon@plate6.com)