

Savory Greens Stir-Fry

Kale is a chefs' favorite for simple leafy green sautés. The dark bluish-green, finely curled leaves are a visual treat while the mild, slightly peppery flavor blends with garlic, water chestnuts and mushrooms for a delightful dish. Also try chard, beet greens, mustard greens, spinach or a mixture of several varieties.

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 small onion, halved and sliced thin
- 1 can (7 ounce) water chestnuts, drained and thinly sliced
- 3 shiitake mushrooms, sliced (if using dried, soak, discard the stems and slice)
- 1 pound kale, washed and cut into large pieces
- 1 teaspoon mirin (or seasoned brown rice vinegar)
- 1 teaspoon tamari (or high quality soy sauce)
- freshly ground black pepper, to taste

Ingredient Options: Combine several types of greens. Add 1 tablespoon of brown rice syrup along with the tamari. Use chard and add a cup of drained, chopped tomatoes after adding the greens. Top greens with chopped, roasted walnuts.

Heat the oil in a large skillet over medium high heat. Add the garlic and onions and sauté until onions are translucent. Be careful not to brown the garlic or it will give a bitter taste.

Add the water chestnuts and shiitake mushrooms. Sauté for 3 minutes. Add the kale and sauté for 1 minute. Add the mirin, tamari and pepper and sauté until the kale is tender

Rosemary Flat Bread Recipe

Ingredients

- 2 tablespoons fresh yeast
- 1 cup lukewarm water
- 3 cups bread flour (+ ½ cup for working)
- 4 tablespoons extra virgin olive oil
- 1 big pinch of salt
- 2 sprigs of rosemary

Dissolve yeast in water for about 10 minutes. In a large bowl heap flour into a mound, make a well in the centre and gradually add the yeast, stirring in a circular motion with a fork until a dough is formed. You can also use a food processor with plastic blades. Lightly flour the work surface, knead the dough on it for a few minutes with the palm of the hand, until the dough is smooth. Form a ball and put in an oiled bowl covered with plastic wrap. Leave it until double in size (the exact time will depend on the room temperature). Brush a 10 inches tart pan with some oil. On a lightly floured surface, punch down the dough and roll out with a rolling pin into a circle the size of the pan. Transfer the dough to the pan and let rise again, for about 20 minutes. Brush with the remaining oil, sprinkle with salt and add the rosemary. Bake in a preheated 400°F oven for about 30 minutes, or until slightly golden.

Let cool and serve.