



The Edible Garden

Recipe featured at the *Final Festival Weekend* demonstration,
October 16

Cavolo Nero (Black Kale) with Ricotta

By: Mario Batali, chef and author of *Molto Gusto: Easy Italian Cooking*

Ingredients (*Serves 6*)

1 ½ pounds cavolo nero (also called lacinato, dinosaur, or Tuscan kale) or regular kale
6 tablespoons extra virgin olive oil
6 garlic cloves, thickly sliced
1 red finger chile or Serrano chile, thinly sliced
Maldon or other flaky salt
¾ cup fresh ricotta

Instructions

1. Trim the kale, removing the tough stems and ribs, and coarsely chop it.
2. Combine 2 tablespoons of the oil, the garlic, and chile in a large pot, add the kale, and sauté over medium-high heat for about 5 minutes, until it begins to wilt. Season with salt, add ¾ cup water, cover, and cook until the kale is tender, 15 to 20 minutes. Drain and cool slightly.
3. Meanwhile, put the ricotta in a small bowl and whisk in the remaining ¼ cup oil. If necessary, whisk in up to 2 tablespoons warm water to loosen the consistency. Spread the ricotta on a serving plate, spoon the kale over it, and serve.

Recipe courtesy of Molto Gusto (ecco 2010)