

Julie Gale's At the Kitchen Table Cooking School



Ethiopian Kale with Cheese

- 2 lbs. kale
- 1/2 cup water
- 1/4 cup butter and 2 Tbs. olive oil
- 1 garlic clove, chopped
- 1 small onion, chopped
- Salt and black pepper
- 1 tsp. Berbere spice mix (or 1/4 tsp. each dried ginger, cardamom, turmeric, cinnamon, nutmeg, cloves and cayenne)
- 1/2 cup soft cheese (chevre, cottage cheese, ricotta)

Wash the kale leaves and strip the leaves off of the center rib and chop the leaves in to 2 inch pieces. Place them in a pot and cover with the water. Cover and bring to a boil over medium-high heat and cook for about 5-7 minutes or until bright green and tender. Add the butter and oil to a large saute pan and when the butter is sizzling add the garlic and onion. Cook over medium heat until just beginning to brown, then add the salt and pepper and the spice mix and cook another 5 minutes. Add the drained kale and saute until tender. Mix in the cheese and serve hot, warm or room temperature. Serves 4-6

Ethiopian Lentil Salad

- 1 cup dried brown lentils, rinsed well
- 3 cups water
- 2 fresh green chilis, seeded and sliced thinly
- 1 large shallot, peeled and sliced thinly
- 1 Tbs. fresh ginger, grated
- 1 garlic clove, chopped
- 1 tsp. Berbere mix
- Salt and black pepper

Cook the lentils in the water over moderate heat for about 20-30 minutes or until tender. Drain and add the rest of the ingredients. Taste for seasoning and allow to sit for at least half an hour. Serves 4-6