

Kale Chips

Another veg we are seeing a lot of this time in the summer is kale. Kale is a super versatile vegetable – great for salads (try massaging the leaves in a lemon-based vinaigrette dressing for a few minutes – it breaks down the stiff fibres in the kale) - delicious sautéed with some olive oil, garlic and a few chilli flakes - and great when stirred through other dishes or soups. But there is only so much kale you can eat in a week. So if you have a bit of a glut, here is a delicious way of extending the life of your kale.

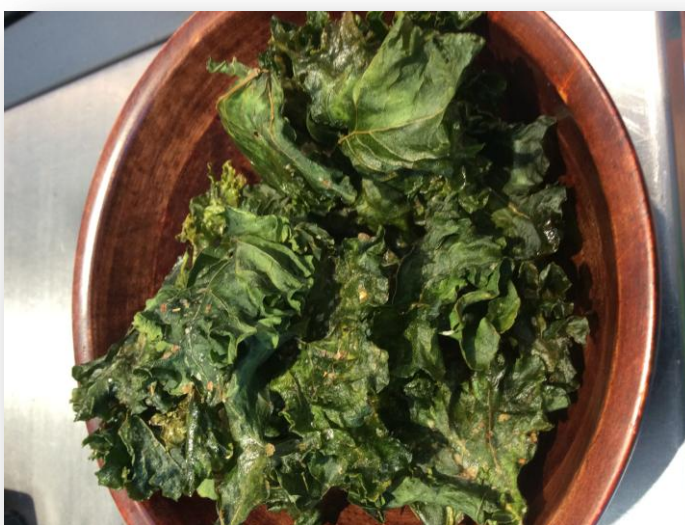
These chips are a favourite snack in our house and we go through them as quickly as I make them. In fact the bowl in the photo barely lasted long enough to get the shot. They will however, stay fresh in a well-sealed container for up to two weeks. The key things to bear in mind when making kale ships are: (1) the kale must be impeccably dry before you start; (2) the olive oil must be distributed evenly on all the chips; and (3) watch them very carefully towards the end of the cooking time. They turn from perfectly crisp to scorched and inedible in seconds. And you do not want a house filled with the smell of burnt kale. Trust me on that one.

1 bunch of kale

1 TBS olive oil

½ - 1 tsp flaky sea salt or flavoured salt (Our current favourite is The Original Smoke and Spice Company smoked garlic salt. It's a bit course so I just whizz it briefly in the coffee grinder to break it down.)

- Pre-heat the oven to 150°C or 120°C fan-bake.
- De-stalk the kale and tear into bit/chip sized pieces. Toss the kale with the olive oil.
- Spread in a single layer on baking sheets (probably two sheets for a bunch of kale). Sprinkle on the salt.
- Bake for 10 minutes, then rotate the baking trays. Bake for 8-10 more, checking frequently towards the end. You are after crisp chips. Some chips may bake faster than others – remove these as they are ready and keep baking the others.



Let them cool on the baking trays and then place in a well-sealed container. I use a large glass preserving jar. Kale chips can be eaten just as chips, or they can be crushed and sprinkled over salad, rice, added to sushi – anything that takes your fancy.