

FOOD52

Kale Salad with Anchovy and Thyme

By amanda

Editors' Comments:

I know you need another kale salad recipe like you need another artisanal pickle, but I swear you'll love this one. And even if you don't, I have a mixing technique to offer that you can apply to the other 37 kale salads in your repertory.

Serves 4

- 1 small garlic clove, smashed
 - 2 anchovies
 - Kosher salt
 - 1/2 Meyer (or regular) lemon
 - 4 tablespoons olive oil
 - 1/4 small red onion, very thinly sliced
 - 1/4 teaspoon fresh thyme leaves
 - 6 cups packed dinosaur (lacinato) kale, ribs removed, and torn into smallish pieces before measuring
1. In a mortar and pestle, mash the garlic and anchovy with a pinch of salt to a paste. Blend in the juice from half a Meyer lemon. Then beat in the olive oil. It should semi-emulsify; don't worry if it doesn't.
 2. In a small bowl, combine the onion and thyme leaves with a large pinch of salt, then rub the salt into the onions using your hands. Let sit for 10 minutes.
 3. Put the kale in a large bowl. Add the onion and thyme. Pour in half the dressing and using your hands, mix the greens -- really get in there and work the salad; you should almost knead the greens so they break down a bit and the dressing fully coats the leaves. Taste and add more salt, lemon juice, or dressing, as needed. Let the salad sit for 15-20 minutes. Taste and adjust once more. Then spread on a platter and serve.