

Caldo Verde

Rustic hearty soup

Ingredients

400g kale, rinsed and fine sliced
5 Potatoes, peeled and sliced 1cm
250ml stock + 1.5l water
1 x chorizo, split into 3
1 onion, diced
2 clove garlic, minced
Olive oil
Salt & Pepper

Method

1. In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil till softened. Stir in potatoes and 1/3 thin sliced chorizo and cook, stirring constantly for 3 minutes. Pour in water and stock, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.
2. Meanwhile, in a frying pan over medium-low heat, fry the remaining chorizo, sliced then halved, until it has released most of its fat and slightly crispy
3. Puree the potato mixture with a blender or food processor. Stir 1/3 chorizo, salt and pepper into the soup and return to medium heat.
4. Cover and simmer 5 minutes.
5. Stir kale into soup and simmer for 20min, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil, serve, and finish with a sprinkling of crispy chorizo

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef