



Stillwater Farmers' Market

Eat Fresh...Eat Local

Massaged Kale Salad

Adapted for the Recipe Table by Cindy Alexander

Inspired by <http://www.insonnetskitchen.com/how-to-make-massaged-kale-salad/>
and <http://bewitchingkitchen.com/2014/08/20/up-close-and-personal-with-your-kale/>

2 TB raisins

4 TB favorite citrus juice or vinegar, divided

1 large bunch kale, stemmed and cut into thin ribbons

¼ teaspoon fine sea salt or table salt

1 TB olive oil

3TB sliced almonds, toasted

Mix raisins and 2 TB citrus juice or vinegar. Refrigerate overnight.

Place the kale in a bowl; add the remaining vinegar, the oil and the salt. Massage until the kale is wilted. Refrigerate overnight.

Before service, add the raisins to the kale. Mix and taste. Add additional oil or salt as needed. Add toasted nuts, toss and serve.

Notes from Cindy:

Note that you must start 2 days ahead with soaking the raisins.

I have always used an orange champagne vinegar I keep in my pantry. If I didn't have that I would try a mixture of half orange and half lemon juice.

To massage the kale, grab handfuls and squeeze, pushing your thumbs across your fingers.

Use a good quality extra virgin olive oil in this and all salads.