

TFC Massaged Kale Salad with Fresh persimmons Macerated Kale, Slivered Almond, Goat Cheese & Seasonal Fruits

Make this Salad awesome for year-round servings. Kale has got quite reputation for being a super food with tons of great nutritive value... Yes you need to gently massage the kale (we recommend Lacinato) to create the magic and to get the leaves to wilt and lose some of their bitterness... Massage always helps to remove bitterness if you know what I mean.

When using the Baby tender kale that is now available you will not need to massage the kale.

NOTE: For this salad we are using Baker and Olive Peruvian lime oil and this mint lemongrass infused white balsamic vinegar

Ingredients:

1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced

1 Valencia orange juiced

Baker and olive Peruvian lime oil Baker and olive Thai mint lemongrass white balsamic

Sea salt

Freshly ground black pepper (optional)

Small handful of the following:

Toasted pine nuts (or almonds)

Dried cranberries

Sliced radishes

Slice cucumbers

sliced carrots

Fresh fuyu persimmons

Method:

In large serving bowl, add the kale, half of orange juice, a drizzle of oil, vinegars and a little sea salt.

Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside. Add the remaining ingredients and let macerate in the fridge until ready to serve, The Prepared salad should be enough for all guests.

As noted if using baby kales treat as a tossed salad.

To finish taste and adjust the salad drizzle with both of the Olive Oil and The Vinegar.