

## **Kale in creamy white sauce.**

### Ingredients

1 bunch of Kale

1 litre stock or water

1 tbsp butter or margarine

1 tbsp flour

1/2 to 1 cup of milk and /or cream.

1 tsp of salt

1 tsp sugar (when kale is grown in a frost-free area it does not develop sweetness hence sugar is added).

### Method

1. Remove the hard stem for the kale.
2. Bring the stock or water to the boil.
3. Add kale and boil for 10 minutes.
4. Strain the kale and leave to cool.
5. Melt butter in the saucepan and add flour whilst stirring
6. Add cream and or milk gradually still stirring.
7. Chop the kale very fine (a food processor can be used).
8. Add chopped kale, salt and sugar to the white sauce.

Serve with, glazed ham, brawn, spare pork ribs or sausages and caramelised small potatoes.

Note: Do not store the kale after it is cooked unless freezing it. Please see my other recipe for this.

It is a tradition to serve this meal for Christmas lunch in Denmark.

Merete