

Freezing Kale

1 bunch of Kale

1 litre stock or water

Preparation:

1. Remove the hard stem for the kale.
2. Bring stock or water to the boil.
3. Add kale and boil for 10 minutes.
4. Strain the kale and leave to cool.
5. Make fist size balls squeezing all water from kale.
6. Freeze and cut later for use in soup and in white sauce.

Merete