

# Floo's RECIPE

Kale and Mushroom Casserole

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*Title*

*From the Kitchen of*

50 minutes

*Prep Time*

*Cook Time*

*Serves*

## INGREDIENTS

2 cups brown mushrooms, thin-sliced

2 tbsp butter

1 tbsp oil

2 cloves minced garlic

1 head of kale, all stems

removed, chop into bite-sized pieces

2 slices bacon, cut into very

thin strips/small pieces

2 tbsp butter

¼ cup yellow onion, thin sliced

2 cloves garlic, minced small

2 cups chicken stock

Pinch ground nutmeg

Pinch cayenne pepper

Cornstarch/cold water

mixture (equal parts)

¾ cup heavy cream

Salt and pepper to taste

## DIRECTIONS

1) Cook mushrooms in butter and oil for 5 minutes. Add minced garlic, some S & P and cook until mushrooms are almost browned slightly. S & P to taste and put aside.

2) In the same pan, cook bacon in butter until slightly browned. Add onions, cook for 5 minutes, add garlic, cook 5 more minutes, then add chicken stock and bring to a low boil. Add kale, nutmeg, cayenne and a little salt and pepper. Cook until kale is tender, maybe about 20 minutes. Taste kale and liquid and adjust salt & pepper as needed.

3) Remove cooked kale from the braising liquid, set aside and bring liquid back to a simmer, then stir in the cornstarch mixture. Cook for 5 minutes until braising liquid is thickened, then add heavy cream and mix in well. The cream sauce should be thick enough to coat the back of a spoon, but NOT as thick as cheese sauce.

4) You now have cooked kale, cooked mushrooms and the finished cream sauce. Place in three separate containers to cool.

5) To assemble finished product, add some of the mushrooms to the kale (use about 1/2 cup of cooked kale per serving) and mix in enough cream sauce to keep it moist during re-heating (either on stove top or covered in oven).