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Braised Kale



Recipe adapted from Emeril's New New Orleans Cooking, by Emeril Lagasse and Jessie Tirsch, published by William Morrow and Company, Inc., 1993

Show: [Emeril Live](#) Episode: [Southern Sunday Supper](#)

Recipe categories: [Vegetables](#), [Kale](#), [Meat](#), [Carrot](#), [Cabbage](#), [more](#)

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Total Time:	22 min
Prep	10 min
Cook	12 min
<hr/>	
Yield:	4 side dish servings
<hr/>	
Level:	Easy

Ingredients

- 1 tablespoon [olive oil](#)
- 2 cups thinly sliced onions
- 1 teaspoon salt
- 12 turns freshly ground black pepper
- 1/2 teaspoon red pepper flakes
- 2 tablespoons minced garlic
- 8 cups (firmly packed) torn and stemmed kale pieces
- 2 cups Basic [Chicken Stock](#), recipe follows
- Splash cider vinegar

Directions

Heat the oil in a large skillet over high heat. Add the [onions](#), salt, pepper, and [red pepper flakes](#) and [stir-fry](#) for 2 minutes. Add the garlic, kale, and stock and cook, stirring occasionally, for 8 to 10 minutes; add a splash of [cider vinegar](#) in the last minute of cooking. Remove from the heat. Serve immediately.

Basic Chicken Stock:

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By: Aaron McCargo, Jr.


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- 1 tablespoon olive oil
- 1 large onion, peeled and quartered
- 1 carrot, peeled and chopped
- 2 celery stalks, chopped
- 1 head garlic, cut in 1/2
- 1 bouquet garni
- 2 pounds raw chicken bones, rinsed in cold water
- 4 quarts cold water
- Salt and pepper

In a large stock pot, over high heat, add the oil. When the oil is hot, add the onions, [carrots](#), and [celery](#). Saute for 2 to 3 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat to low and [simmer](#) for about 2 hours. Remove the stock from the heat and skim off any scum that is on the surface. Strain the stock through a large fine-mesh sieve. Discard the bones and vegetables.

Yield: 3 quarts

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By [kimbakimbakat](#)
Lancaster, NY
on January 06, 2012

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This was great - my family loved it! My husband (who is a diehard "meat and potatoes" guy and my 4 yr old both gobbled it down. What a great way to get those cruciferous

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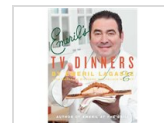
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By [melissb15](#)
on December 27, 2011

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I love this recipe! I often use veggie stock instead of chicken, and add about 3 or 4 times the amount of vinegar since I love that extra kick.

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By [Kebi](#)
PORTLAND, OR
on August 11, 2011

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I used vegetable stock instead of chicken...my new go-to for greens!

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