

Episode #1

Cavolo Nero in Padella con Olive, Pomodori Secchi, Uva Sultanina (Tuscan Kale Sautéed with Olives, Sundried Tomatoes and Raisins) (Serves 4)

Ingredients:

1 Lb. or 500 gr.	tuscan kale; rib removed and chopped
8 pcs.	sundried tomatoes preserved in oil; sliced in strips
16	black olives; pitted and cut in half
2 Tbsp.	raisins
1 clove	garlic; minced
1 Tbsp.	fennel seed
3 Tbps.	Evoo

Method:

1. In a frying pan over medium high heat, add the Evoo and garlic.
2. As the garlic begins to fry, add the kale and half a cup of water, let the water evaporate.
3. Add the sundried tomatoes, black olives, raisins and fennel seed.
4. Adjust to taste with salt and pepper
5. Simmer until the kale is tender.

Note: As the kale is simmering add additional water if necessary

EVOO = Extra Virgin Olive Oil

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