RECIPES FOR GREENS

I am an artist who, after obtaining recipes from cookbooks and the Internet, cooks and eats his models. I don’t follow instructions literally as to quantities and cooking times, and make many substitutions. I also supplement recipes with seasonal items from my garden and from farmers markets. I have painted (and eaten) over 195 varieties of peppers and over 40 varieties of eggplant.

As you will see from the paintings, some “greens” are purple, red, gold, or multi-hued although grouped under the single generic label “greens.” All can be purchased seasonally at farmers markets as seedlings or ready to eat. These hardy veggies are very forgiving in the kitchen; some can be left on the stove for hours. This makes them suitable to accompany miscellaneous bones sold as shanks, hocks, and jowls. For sharecroppers in the Southern United States, these were the only animal parts they could afford so they developed tasty recipes. You’ve probably seen animal bones displayed at the meat counter. Until you’ve tried cooking them, you won’t know how little meat can be pried loose even after hours on the burner. Many of them are used primarily for flavoring greens.

The following recipes were taken from various sources and modified. I have tried each at least once. Some greens remained so bitter even after hours in the pot that I didn’t cook them a second time. Others were flavorful but required hours on the stove and yielded more leftovers than people wanted to eat. Spelling of the names varies from one recipe to another and many are sold under synonyms. On the paintings I use the name assigned by the grower. I’ve stayed away from Latin terms as these have little meaning to the cook.

Bob Sommer   August 2013

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CABBAGE (includes SAVOY CABBAGE and EARLY JERSEY WAKEFIELD)

Often added to soups and stews, used in some borscht recipes. Boiled cabbage accompanies meat such as corned beef, is the basis of German sauerkraut. Used also in cabbage rolls, and pickled in vinegar (Korean kimchi).

**In casserole with ground beef**

- 1 lb. ground beef
- 1/3 cup diced onion
- 1-16 oz. tomato sauce
- 1 medium head cabbage, shredded
- salt to taste

Brown meet and onion, place in large pot with cabbage in oven and bake fir 45 minutes at 350 degrees.

**In casserole with corned beef**

- 1 can corned beef
- 1 small head cabbage, chopped into bite-sized pieces with core removed
- 3 medium potatoes, sliced
- 1 can cream of celery soup
- 1 medium onion, slices
- season to taste

Oil or grease the bottom of a baking dish, add a layer of half the sliced potatoes and half the onion, then a second layer of potatoes and onion. Over this spread the can of soup, then the cabbage. Over this. layer the corned beef, Cover with foil and bake at 350 degrees for 75 minutes.
CHARD, SWISS CHARD (red, yellow, or green), related to beet greens

**Used fresh:** Pieces of leaves can be added to a green salad, providing color and or steamed or sautéed as a side dish. Very popular in Mediterranean cuisine.

**As a side dish, sautéed with parmesan cheese**

- 2 T butter
- 2 T olive oil
- 1 T garlic, minced
- ½ red onion, diced
- 1 bunch chard with stems removed and leaves coarsely chopped
- ½ cup dry white wine
- 1 T fresh lemon juice
- 2 T grated parmesan cheese
- salt to taste

**As side dish with pine nuts**

Combine butter and olive oil in a large skillet, stir in garlic and onion and cook for 1 minute, stir in chard leaves and cook until wilted, then add lemon juice and parmesan cheese; season with salt to taste.

- 3 bunches chard
- 4 T olive oil
- 6 cloves of garlic, sliced
- 1 pinch crushed red pepper
- 1 T lemon juice
- 2 T pine nuts

Separate stems and leaves. Cut leaves into strips; thinly slice stems. In a large pot over medium heat, cook the olive oil, sliced garlic, red pepper, and chard stems for 3 minutes. Add the cut chard leaves, cover, and cook for 5-10 minutes with medium heat until chard becomes tender. Add pine nuts. Toss with lemon juice.
COLLARD GREENS

Used all over the world to accompany meat and fish dishes. A staple in Southern U.S. cooking. See also Generic Green and Soul Food recipes.

with smoked turkey

2 T minced garlic
5 cups chicken stock
1 smoked turkey drumstick
¼ cup olive oil
4-5 bunches collard greens, trimmed and chopped
salt and pepper to taste
1 T red pepper flakes

Heat olive oil in a large pot over medium heat, gently sauté garlic, add chicken stock and turkey leg and simmer for 30 minutes. Add the collard greens and turn up heat to medium-high, cook for 45 minutes stirring occasionally.

Reduce heat to medium and season to taste, and cook until greens are tender and dark green, about 50 minutes.

Drain greens and add red pepper flakes, saving liquid to use with leftovers.
DANDELION GREENS

Discard dandelion green roots; wash greens well in salted water. Cut leaves into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes. Sauté onion, garlic, and chile pepper flakes in oil. Drain greens; add to onion garlic mixture.

Taste dandelion greens and season with salt and pepper. Serve with grated Parmesan cheese.
ESCAROLE

Salad with apples and nuts
Toss together in a large bowl:
  1 T olive oil
  1 T white wine vinegar
  2 t Dijon mustard
  Salt and pepper to taste
  1 head escarole cored, trimmed, and cut into bite-size pieces
  1 apple cored and thinly sliced
  ½ cup pecans or walnuts

Sautéed escarole (side dish)
Sauté in garlic and olive oil until tender
  1 lb escarole trimmed and leaves torn to bite-size pieces
  2 smashed garlic cloves
  salt to taste
GENERIC GREENS RECIPE (collards, mustard, kale, or other greens may be used separately or combined); also described as Soul Food recipe

With ham hocks or shanks or smoked turkey legs or wings

\[
\frac{1}{2} \text{ lb smoked ham hocks or shanks, or smoked turkey parts} \\
1 \frac{1}{2} \text{ quarts water} \\
1 \text{ t crushed red pepper or 2 hot pepper pods} \\
3 \text{ cloved garlic, smashed} \\
4 \text{ lbs mixed or separate collard, kale, or mustard greens} \\
\text{ season to taste}
\]

In large saucepan, place hocks, water, red pepper, and garlic, bring to a boil and simmer for 2 hours. Remove meat from bones, and discard bones. Remove stems from greens and slice leaves into bite-size pieces. Add leaves to meat and liquid, season to taste, and cook for 40 minutes.

With salt pork or ham hocks

\[
\frac{1}{2} \text{ lb salt pork or 2 ham hocks} \\
3 \text{ bunches greens} \\
2 \text{ quarts water} \\
\text{ salt to taste}
\]

In a large pot cover pork or hocks with water and bring to a boil. Simmer for 1 hour or longer. Wash greens and cut into pieces, add to simmering meat. Cook until greens are tender.
Optional, before serving can top with vinegar or hot pepper sauce
KAI-LAN, GAI-LAN, or CHINESE BROCCOLI

in stir-fry

Used often in Chinese cooking, especially Cantonese dishes. Can be stir-fried with garlic and ginger, or boiled or steamed with oyster sauce. it is also used in Vietnamese and Thai recipes.
KALE, BOREKALE

Side dish with garlic and oil

2 bunches of kale (1 ½ lbs)
2 T olive oil
2 garlic clove, finely cut
salt and pepper to taste

Wash kale thoroughly and remove stems, boil in water for 5 minutes, drain and squeeze out water from leaves. Chop coarsely, and cook in olive oil for 5 minutes, season to taste and serve.

On toast or topped with a poached egg

10-12oz kale with stems removed and cut into strips
1 small onion, chopped
2 garlic cloves, sliced
3 cups water

Heat the oil in a large pot over medium heat,. add onion, cook for 3 minutes, and garlic and cook another minute, add kale and stir until kale wilts, season to taste, and cook for 30 minutes.

Fresh

Tender leaves can be added to salads, especially if supplemented by dry-roasted peanuts or almonds.

As chips

Remove stems, wash and completely dry leaves. Tear leaves into bite-sized pieces. Sprinkle with olive oil and seasonings With everything oiled and seasoned, bake in the oven at 350°F for 10 minutes.

You want the edges slightly browned, but the chips should stay a nice, deep green. When you remove them from the oven, the kale should be delicately crispy and delightfully savory.

You can stuff your chips into a Ziploc bag to bring along as a snack.
MISOME

A cross between two Asian green, **komatsuna** and **tatsoi**. Leaves are added to stir fries or used for pickling.
MIZUNA AKA JAPANESE MUSTARD

In salad as a green, in soup, or in a stir fry with meat or fish
MUSTARD GREENS

As side dish

- ½ cup onions, thinly sliced
- 2 cloves garlic, minced
- 1 T olive oil
- 1 lb mustard greens torn into large pieces
- 3 T chicken or veg broth
- ¼ t sesame oil
- salt and pepper to taste

In a large pan, sauté the onions 5-10 minutes until they start to caramelize, add minced garlic and cook for 1 minute, add the mustard greens and broth, and cook until the greens are barely wilted. Toss with sesame oil and season to taste.

As side dish with bacon

- 4 slices bacon
- 3 bunches mustard greens chopped
- 2 T white vinegar
- 2 cups chicken broth
- 1 t sugar
- pinch coarse salt

In a large skillet, brown bacon and put aside its fat. Add chopped greens, stir until they start to wilt, add vinegar and cook an additional minute. Add sugar, salt, and chicken broth, cover and simmer for 20 minutes.
PEA SHOOTS

As a side dish

1-2 lb pea shoots
2 T vegetable oil
4 cloves garlic, peeled, smashed, and chopped
1 pinch chili flakes

In a frying pan or wok, heat oil over high heat, add the garlic and chili flakes. In 2 minutes add shoots and sauté until the greens wilt. Serve immediately.
ROMANESCO, BROCCOLI RABE, RAPINI

As a side dish

1 lb broccoli rabe
1 clove garlic, minced
5 T olive oil
1 T grated Parmesan cheese

Heat olive oil and cook garlic for 2 minutes.
Add rabe and sauté for 10 minutes until the rabe is tender.
Add parmesan before serving.
SWEET POTATO LEAVES

**Braised with onion over pasta**
More tender than most green, not as astringent as chard and collard. tastes mild.

**From Phillipines.**

1 bunch tender sweet potato leaves in bite-size pieces
4 tomatoes chopped
1 onion chopped
1 3 cup rice vinager
1 t suger, salt and pepper to taste

Blanch leaves in boiling water.
Stir together vinager, sugar, salt, pepper

Arrange leaves on a platter, top with chopped tomatoes and onion, drizzle with vinager-sugar mixture.

To above recipe can add tiny dried shrimp; or one can add fruit such as avocado or mango.

**Add to a quiche** as one might use spinach.
WATERCRESS

To accompany fish fillet, e.g. halibut

8 oz fish fillets
1 bunch watercress (or less if you prefer)
1 small piece fresh ginger, finely chopped
1 scallion or green onion finely chopped
3 cups chicken broth
1 t cornstarch
1 cup water
salt and pepper to taste

Cut the fish fillets into think slices or cubes, add salt and pepper to taste, along with cornstarch. Let stand while you prepare other ingredients. Remove roots from watercress, wash, pat dry, and chop into 1 inch pieces. In large pan or wok, bring water and chicken broth to a boil, add ginger, simmer for 1 minutes, add fish, watercress, and green onion, boil for 2 minutes until fish is cooked and the watercress wilted, season to taste, and serve.

With boneless chicken breast

1 T olive oil
2 skinless and boneless chicken breasts
2 oz cashews
1 sweet pepper cut in large pieces
1 red onion cut into chunks
2 pkg watercress

For sauce

3 T hoisin sauce
2 T soy sauce
1 piece fresh ginger root, peeled and grated
2 garlic cloves, smashed
1 T sesame oil
2 T white wine or rice vinegar

First mix together the sauce ingredients. Then in a frying pan, heat the oil until very hot, throw in the chicken, cashews, pepper pieces, and onion, stir-fry for 5 minutes. Pour the sauce over the ingredients and simmer with 2 tblsp of water, add the watercress and simmer.
YU CHOY

In stir fry

I bunch fresh leaves and stems cut into 3” pieces
1 T olive oil
2 cloves garlic, chopped
½ cup chicken or vegetable broth
optional: 1 T oyster sauce

Heat the oil in a wok or frying pan. Add the broth and cover. Add the yu choy and stir. Let veggies steam for about 3 minutes. The yu choy should be bright green. Optional: Drizzle with oyster sauce.