

Seasoned Kale

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Ingredients:

1 -2 bundles of Kale (depending on the size of each bundle)
Garlic Salt, ¼ tsp (sprinkle less for lower sodium)
Sesame Oil, ½ tsp
Sesame seeds, ½ tsp

Instructions:

- Wash the kale in cold water.
- Break off the stems from the leafy kales into the bite-sized pieces.
- Tear the leafy parts of the kale into desired sizes.
- Fill a medium to a large-sized skillet or pot halfway with water.
- Bring the water to a boil.
- Place the stems in the boiling water for 3-5 minutes.
- Add the leafy kale to the boiling stems.
- Bring it to a boil for one minute, turning the kale over to cook evenly.
- Turn off the stove and transfer the kale into a bowl of cold water.

*** Don't overcook the kale. Blanching is the best method.

Introducing the cooked kale to cold water helps stop further cooking and preserves its vibrant color.

- Remove excess water from the kale by squeezing it in your hands.
- Place the kale in a small to medium mixing bowl.
- Add the seasonings: Garlic salt, Sesame Oil, and Sesame seeds.
- Mix them well.
- Serve it cold.



NOTE: This seasoned Kale is a great addition to Bibimbap. - check out our Bibimbap recipe here!