



Italian Shredded Kale Salad

Inspired by Joshua McFadden United States 2007

Signature Dish - Kale Salad

1 Tablespoon fresh lemon juice
1 Tablespoon fresh lime juice
2 Tablespoons extra virgin olive oil,
1/2 teaspoon Kosher salt or garlic salt
1/4 teaspoon ground black pepper.
1 bunch organic fresh kale
1/3 cup dried seedless currants
4 Tablespoons grated Pecorino-Romano or Parmesan cheese, divided
Crushed cheese and garlic croutons, crushed as desired

In a small bowl, whisk together lemon juice, lime juice, olive oil, salt and ground black pepper.

Remove washed leaves from stems, discard stems. Using small bunches, slice and chop leaves until shredded. Place in large bowl. Pour oil mixture over kale; toss to coat. Mix in dried seedless currants and 2 Tablespoons grated cheese. Place in refrigerator until serving.

Before serving: Toss thoroughly; add 2 Tablespoons grated cheese and season to taste as desired. Lightly toss with crushed croutons right before serving. Serves: about 4 to 6

Cook's Note: The original recipe also adds some red pepper flakes and uses dried breadcrumbs in place of the croutons. Our kale recipe appeared on our program January 2014. It continues to be one of the most popular recipes to serve at dinners or parties.

Signature Story and Recipe are located on p. 204 and p.388 in *Signature Dishes That Matter*

About His Recipe: Did you ever wonder how kale became the poster dish of the health and wellness movement? It remains part of the farm-to-table culinary trend today. It's always amazing that many times a turn of fate or accident changes the world. That is exactly what happened to Chef Joshua McFadden.

