



Kale and Squash Salad

Contains contrasting textures of raw and roasted kale

Buttermilk Vinaigrette

1/4 cup buttermilk
2 Tablespoons red wine vinegar
1 teaspoon Dijon mustard
1/3 cup olive oil
fine sea salt

Salad

8 ounces Tuscan kale, washed, dried and stems removed
olive oil, for drizzling
fine sea salt
ground white pepper
1 large acorn squash, quartered and seeded
1/2 tsp. (each) light brown sugar, cinnamon, cloves, ground black pepper
4 Tablespoons unsalted butter, at room temperature
1/4 cup Marcona almonds, toasted and lightly crushed

- Make the buttermilk vinaigrette: In a blender, purée buttermilk, vinegar, and mustard until well combined. With machine running on low, stream in oil until smooth. Season with salt. Set aside or refrigerate until ready to use.
- Make the salad: Preheat oven to 220°F. Line a sheet pan with foil. Arrange 1/3 of kale in a single layer, drizzle with oil, and sprinkle with salt and white pepper. Transfer to oven and bake until **crispy**, for 15 to 20 minutes. Let cool to room temperature.
- Meanwhile, put remaining kale in a large bowl, add a pinch of salt and gently massage kale for about 2 minutes to tenderize it. Increase oven temperature to 375°F. Line a second sheet pan with foil. Lay squash skin-side down on lined pan. In a small bowl, combine 1 tsp. salt, brown sugar, cinnamon, cloves, and black pepper. Rub butter onto squash flesh and sprinkle evenly with spices.
- Transfer sheet pan to oven and bake until squash is tender, 45 minutes to 1 hour. Remove from oven, and once cool enough to handle, peel squash, and cut into 2-inch cubes. Add crispy kale to bowl with raw kale. Add almonds and some buttermilk vinaigrette and toss well. Divide onto plates and top with squash. Drizzle with more vinaigrette and serve. Yield: 3 to 4 large servings

Recipe from: Chef Gavin Kaysen; cookbook “At Home” p. 62

Cooking Tip: “Massaging raw kale is an important step anytime you’re going to use it in a salad. It helps to break down the leaves; tough fibers and makes it easier to chew.

About the Recipe This Kale and Squash Salad partners well with Perfect Pot Roast above. It brings contrasting textures and bright, tangy flavors complementing the braised meat. The crispy roasted kale chips, tender kale, warmly spiced roasted acorn squash, and crunchy almonds, all blend well with the creamy, tangy buttermilk vinaigrette.

The salad showcases Chef Kaysen’s philosophy of thoughtful, balanced home cooking: simple techniques that elevate everyday ingredients into something special. Massaging the raw kale tenderizes it, while the low-temperature roasting creates a crisp, chip-like texture that adds excitement to every taste.