

Massaged Kale Caesar (Dairy Free)

Sue Van Raes

THE GOODS

1 bunch of kale

1 egg yolk

1 tablespoon dijon mustard

1/4 cup extra virgin olive oil

1 teaspoon capers, minced

1 small garlic clove, minced

2 tablespoons lemon juice

sea salt

pepper

optional: 1 slice of sourdough bread for croutons

THE METHOD:

Tear kale into pieces over a large bowl, omitting the fibrous center stem. Drizzle 1 tablespoon of the olive oil and 1 tablespoon of the lemon juice over the torn kale, season with salt.

Massage this into the kale by squeezing handfuls of the kale into your palms to soften it for 2 - 3 minutes. Mince the capers and garlic before whisk together with 1 egg yolk, Dijon mustard, remaining olive oil, and remaining lemon juice. Season to taste with sea salt and pepper. Toast the sourdough bread if using, then dice into crouton-sized pieces. Toss the dressing with the massaged kale, add homemade croutons if using, and enjoy.

