

KENTUCKYAKI KALE

This dish was well received at the tasting table on a Saturday market day recently and so here is the recipe for you to make at home. The special “Kentucky style” Teriyaki sauce from Bourbon Barrel Foods includes garlic, ginger, sorghum and cider vinegar ingredients which adds a wonderful savory note to kale; and combined with the sweetness from slowly sautéed onions makes for an easy side dish that is packed with flavor. To substitute this sauce simply add minced garlic & ginger with the onions, and use a combination of soy sauce, apple cider vinegar & sugar.

INGREDIENTS

1 bunch Curly Kale, stems removed, washed & chopped

½ medium Red Onion, peeled and sliced

2 Tablespoons Blended Oil

¼ Cup Bourbon Barrel Foods Kentuckyaki sauce

Salt & Pepper to taste

DIRECTIONS

Heat oil over medium-high heat and add sliced onion.

Cook for 4 - 5 minutes until the onions begin to soften.

Add kale and use tongs to coat with oil and wilt down into the pan.

Reduce heat to medium and add Kentuckyaki sauce.

Cook for 10-15 minutes until desired texture.

Sprinkle with a little salt & pepper to season, and serve hot or cold garnished with toasted Sesame Seeds.