

APPLE BUTTER DRESSING

Here is one of the most popular recipes from our online collection that helps you get the most out of your Local Farm Box from week to week and throughout the year. This dressing balances the astringency of kale with the sweetness of apple butter and pairs wonderfully with mild Hakurei Turnips and crisp apples, or you could add sliced radish & nuts. This will make more than enough dressing for 1 pound of kale (1 bunch) and can be easily scaled up and kept refrigerated for up to a week. I like to use white or red Russian Kale, but other varieties can be used- you may need to pick up more kale!

INGREDIENTS

1 Tablespoon Dijon Mustard

½ medium Shallot, minced (optional)

¼- 1/3 Cup Apple Butter

2 Tablespoons Apple Cider Vinegar

¼ Cup Oil

½ teaspoon Salt

DIRECTIONS

Combine first 4 ingredients and whisk to combine in a small bowl or measuring jug.

Slowly drizzle in oil whilst whisking to incorporate.

Add salt to taste.

Use tongs or your gloved hand to “massage” into freshly washed, dried and chopped kale greens.

Add garnishes such as sliced apple, turnip, radish & walnuts and then toss gently to combine.

Taste for seasoning and add more salt or vinegar if needed.

Serve with roasted chicken and potatoes for a delicious Winter meal.