



TODAY'S MAIN INGREDIENT

Grilled Coconut Kale

from Vij's Restaurant, Vancouver, British Columbia; adapted by Sam Sifton of the New York Times

INGREDIENTS – Serves 6

3 bunches kale
3 cans (13.5 oz ea.) coconut milk
1 Tablespoons kosher salt
1 teaspoon ground cayenne
1 teaspoon mild paprika
1/4 cup fresh squeezed lemon juice

STEP 1 – Wash kale thoroughly and cut out the stems. Cut the wide leaves into strips the same width as the smallest leaves.

STEP 2 – In a large pot on low, heat and stir the coconut milk until it is thoroughly mixed, i.e., no solids are visible, and just lukewarm.

STEP 3 – Transfer to nonreactive bowl and then add the remaining ingredients. Stir to fully coat the kale. Cover with plastic wrap and refrigerate for at least 4 hours.

STEP 4 – Preheat grill or cast-iron grill-pan over high heat. Remove the kale from the refrigerator and stir to make sure all the leaves are well covered in marinade.

STEP 5 – Using metal tongs, place the kale on the grill in a single layer. Cook for 45-60 seconds or until sizzling, then turn and grill the other side for another 45-60 seconds, or until leaves have visibly softened. Serve immediately.