

FLAVOR of the WEEK

~ Shannon Waters ~

Collard Greens

For pictures, more instruction and to ask questions about what to do with the rest of your basket go to forkmylife.com.

We couldn't think of anything better to do on a hot summer day than have a big pot of braising collard greens steaming away in your NY kitchen! Mine just brought my kitchen from 100 degrees to 110- but it'll all be worth it, I promise! I was pretty unfamiliar collard greens until I worked in Tennessee at Blackberry Farm getting my hands on all sorts of southern treasures like collard greens and sumac! It's a real treat to get beautiful collard greens in the city, so I did them just like we did them in TN, enjoy!

BRAISED COLLARD GREENS WITH HAM HOCKS

Olive Oil
1 Onion
Water
1 Ham Hock
Salt
2 large bunches of Collard Greens
1 T Brown Sugar
1 T Butter

BRAISING COLLARD GREENS

Cut your onion into a large dice. In a large pot, sweat the onions by heating up a little olive oil, then adding your onions and stirring around until they are translucent. This will take about 5 minutes. Add water until the pot is $\frac{3}{4}$ of the way full, then add your ham hock. Boil it for about 1 hour, or the meat starts to come away from the bone.

Meanwhile, clean your collard greens. First, remove their stems. Then, wash them in a big bowl. Remember to lift them out of the bowl so that all of the dirt stays at the bottom of the bowl. After the hour, you can either leave the hock whole or you can remove it from the braise, pick the meat

off and put the meat back in. Whichever one you choose, add the collards into the braise one handful at a time. Stir each addition to make room for the next. Add the salt and brown sugar and allow the braise to cook over low heat for 1 hour.

If the liquid gets low, add more water. At the very end, add the butter and once it's melted, remove the greens with a slotted spoon.

FINDING HAM HOCKS

The Meat Hook in Brooklyn typically carries ham hocks. If they are all out, grab smoked bacon ends that you could use as a substitute.

Most specialty meat stores and butchers will hold onto bacon ends, or you can ask them for the bone out of a ham- either way, you will get a really rich flavor.

Shannon is a line cook at Marea in NYC. She can be reached at her website or swatersdepaul@aol.com.