

FLAVOR of the WEEK

Shannon Waters

Kale & Lavender

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

Since these leaves are so delicious by themselves—we are going to highlight them by keeping them raw making an insanely good salad.

FRESH KALE SALAD

1 large bunch of Kale
3/4 c Grated Grana Padano
2 Garlic Cloves (finely chopped)
1/2 Shallot (minced)
Juice of 2 Lemons
2 T White Balsamic Vinegar
1 c Olive Oil
1/2 tsp Salt
Pepper
1 c Pine Nuts (toasted)
3/4 c Dried Currants

MAKING THE SALAD:

Remove the stems of the kale and finely chop the leaves and put into a large bowl. Grate the cheese and toss with the kale. In a small bowl whisk the garlic, shallot, lemon juice, balsamic and olive oil. Crack fresh pepper and sprinkle salt over the salad. Finish the salad with the toasted nuts and currants and a final squeeze of fresh lemon juice.

Chef's tips: To get a nice garlic paste for dressings and marinades- try smashing the garlic with the back of the knife, sprinkling about a teaspoon of coarse salt on the clove, chopping it, then scrapping the back of the knife over the mix and repeating until an even paste forms.

Early last summer the bartender for the restaurant I was working at in Colorado was reconstructing the drink menu and had me sampling the array- one was a gin drink with lavender that was so delicious that it caused me to maintain a squeeze bottle of lavender simple syrup in my fridge all summer long. This is the perfect drink to sip at a BBQ and cool down a hot day.

FIRST SIGNS OF SUMMER

1 1/2 c of Sugar
2 c of Water
2 tsp of Lavender Flowers
A handful of Mint Leaves
Ice
Juice of 2 lime
2 T St. Germain
1 1/2 c Gin
4 c Tonic Water

MAKING YOUR KILLER DRINK:

Combine sugar and water in a pot and bring to a boil. Turn off the heat and add lavender, cover with plastic wrap and let steep for 20 minutes. Meanwhile, muddle the mint at the bottom of a pitcher with ice. Add the lime juice and St. Germain. Strain the lavender syrup and add 1 c- save the rest for a second batch! Pour the gin over the ice and add the tonic. Give it a stir, sit back, and enjoy the first tastes of summer- repeat if necessary.!

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