

Collards with Garlic and Pepper Flakes

Found in: http://www.canadianliving.com/food/collards_with_garlic_and_pepper_flakes.php

This simple dish is a good starter recipe for slightly bitter but nutritious collards.

Portion size 4 to 6

Ingredients

- 2 bunches collard greens, (about 2-1/2 lb/1.25 kg)
- 2 tbsp (30 mL) extra-virgin olive oil
- 3 cloves garlic, minced
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) hot pepper flakes



Preparation

Trim stems from collard greens and discard. In batches, stack leaves and, starting at side, roll up into tube. Cut crosswise into shreds. Set aside.

In large shallow Dutch oven, heat oil over medium-high heat; sauté garlic, salt and hot pepper flakes until fragrant, about 1 minute. Add collards; sauté until wilted, about 3 minutes.

Add 1/2 cup (125 mL) water; cover and steam over medium heat, stirring occasionally and adding more water if liquid evaporates, until collards are tender, about 25 minutes.

Additional information :

Tip:

When rolling the collards together and cutting into thin strips or shreds, you are cutting into a chiffonade. Literally translated, this French phrase means "made of rags."