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FOOD AND DRINK

Greens party

Kale, the super-healthy, cabbage-like green, has strong-armed its way onto menus and supermarket shelves. But what to do with it? We challenged four chefs to make a meal starring the veggie.

BY: KARON LIU

1. Kale and duck confit crepe

Leah Hannon of Delux (pictured above)

“I figured everyone would be gunning for the healthy route, so I did the opposite and made

something rich,” says Hannon, the sous chef at Delux. She wanted to incorporate the restaurant’s French influence, so she put duck confit, sautéed onion and kale into a crepe. She also added kale to the béchamel sauce to make it more vibrant.

92 Ossington Ave., 416-537-0134.



2. Cheesy kale chips

Jennifer Italiano of Live Food Bar

Sticking to her restaurant’s raw, vegan cuisine, Italiano made kale chips by dehydrating the leaves rather than baking or frying them. To achieve cheesiness without using any dairy, Italiano tossed the kale in red peppers, yeast, apple cider vinegar and cashews. “The cheesy texture gives the chips that extra something,” she says.

264 Dupont St., 416-515-2002.





3. Ribollita

Alida Solomon of Tutti Matti

Solomon recreated Tuscany's famous ribollita soup using the traditional base of puréed carrots, onion, celery and vegetable stock, then added more vegetables, white kidney beans and black cabbage (a dark-leaved kale also known as dinosaur kale). "I didn't want to do kale chips," she says. "And black cabbage grows throughout Tuscany so this was an obvious way to go." The result is a wintry, hearty soup with lots of texture.

364 Adelaide St. W., 416-597-8839.



4. Kale chip and steak salad

Brock Shepherd of Burger Bar

Shepherd bakes kale chips at home for his son. "It's one of the few ways I get him to eat vegetables," he says. But in this more grown-up steak salad, Shepherd sprinkled the kale chips with Erhionian berbere (a blend of hot spices) basil, garlic and ginger. Shepherd added raw sea

urchin to unsalted butter and froze it, then shaved the mixture over the chips to cool the heat.
319 Augusta Ave., 416-922-7423.

TAGS chef challenge, Food Spy, kale