

Kale with Potatoes and Sausage

4 lbs kale

4 lbs potatoes, quartered and peeled

5 tablespoons bacon fat or lard

1 teaspoon salt

1 pound knackwurst or kielbasa, heated

Strip the kale, wash, and boil for an hour. Drain and mince very fine. Place potatoes in a large pot and half cover with water. Add kale, fat, and salt. Simmer for 30 minutes or until mixture is rather dry.

Serve with Knackwurst on top of kale and potatoes.

Source: Woman's Day Encyclopedia of Cookery

Notes:

Draining the kale cooking water is critical. The first time we tried this dish, we attempted to make in in a crop pot with all the ingredients thrown in at the beginning. We ended up tossing out the entire pot.

I formed the cooked kale into a ball to chop it, worked like a charm!

I think the sausages is optional. This makes a hearty dish even without it.

This could easily be made into a vegetarian dish by omitting the sausage and using olive oil instead of the fat. I'd add a medium onion chopped and a couple of cloves of garlic minced.