



Long-Cooked Cavolo Nero

serves 4 to 6

adapted from Suzanne Goin

- 4 bunches cavolo nero, stems and ribs removed
- 1/4 cup olive oil
- 1/2 white onion, thinly sliced lengthwise
- 1/2 sprig rosemary
- 1 dried chile de árbol
- 2 cloves garlic, thinly sliced
- 1/2 teaspoon salt, divided, more as needed
- 2+ tablespoons chicken stock or water

Blanch the kale in a large pot of salted, boiling water just until softened slightly, 2 to 3 minutes. Drain and then immediately place the kale in a bowl of ice water to cool. Drain again and set aside.

In a large, heavy saucepan heated over medium-high heat, heat the olive oil and butter. Add the onions, rosemary and chile de árbol. Gently sauté for 2 minutes, then add the garlic and season with 1/4 teaspoon salt. Continue to cook until the onions are transparent and just beginning to color, an additional 8 to 10 minutes.

Add kale to the pan and cook over medium heat, stirring often, for 30 to 40 minutes. As it cooks, the cavolo nero will turn a deep dark green, almost black color, and the texture will go from soft to just a little crisp as it caramelizes on the bottom of the pan. This enhances the flavor. As the kale becomes very dry, add a little stock or water to moisten the bottom of the pan. Season with the remaining 1/4 teaspoon salt and remove from heat. Serve immediately.