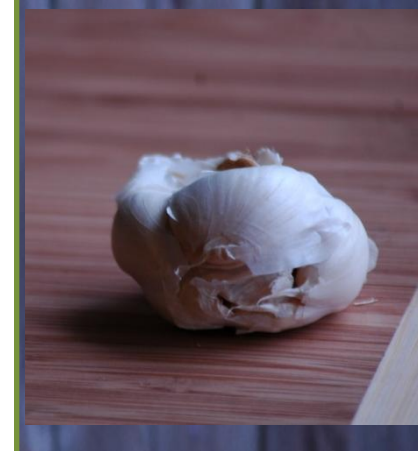




Chip Tip



You've heard about Kale Chips, but only crazy, crunchy folks living off the land or stay at home hippy moms with nothing better to do but garden and cook know how to make them. Here are a few options that may take a little practice, but can become second nature in your kitchen routine and a daily snack.



Kale Chips

1 Rip

Tear chip sized leaves off the stems into a 9x13 casserole dish or large bowl, which is especially handy at containing the squirrely fresh leaves compared to a baking sheet. Reserve stems for Stem Fry on page 57. Alternatively, you can compost the stems and keep these nutrients out of the landfill.

2 Pick a direction

Go ahead, mix it by hand and get a little sticky. Whichever direction you decide to head, stay grounded to the source with Himalayan sea salt, $\frac{1}{8}$ – $\frac{1}{4}$ teaspoon. It's got all the minerals you need.

3 Dehydrate or bake

To keep it 'live', dehydrate for two hours at 118° , until crisp. If you don't have a system with fancy air flow, you should toss it every 30 minutes and dedicate a piggy bank to a convection oven or high-tech dehydrator. If you dehydrate, the kale remains raw and the nutrients remain intact. If you don't have two hours and want to make a quick snack, increase the temperature up to 350° for 6-10 minutes. Tussle every 2-3 minutes & keep an eye on it or your crispy edges will be a bit too crispy.

Too much oil is too much, but too much maple syrup...well, North is our favorite direction.

Stored in glass jars, the chips will keep for 7-10 days. If they lose their crisp, pop them back in the oven for 1-2 minutes on a low temperature.

Kale 1 bunch, Green curly or purple

North

Maple syrup

1 Tablespoon

Extra virgin olive oil

1 Tablespoon

Salt $\frac{1}{8}$ teaspoon

South

Mustard 2 teaspoons

Honey 1 Tablespoon

Chili $\frac{1}{2}$ teaspoon

Salt $\frac{1}{8}$ teaspoon

East

Sesame seeds

1 Tablespoon

Sesame oil

1 Tablespoon

Rice vinegar

1 Tablespoon

Salt $\frac{1}{8}$ teaspoon

Sugar 2 teaspoons

West

Garlic 1 clove, minced

Apple $\frac{1}{2}$ fruit, minced finely, can substitute other fruits

Extra virgin olive oil

1 Tablespoon

Salt $\frac{1}{8}$ teaspoon