

Creamed Greens

“Still trying to figure out what to do with those end of season collards or kale? Here is a recipe submitted by ‘Chef Shac’ aka Shacafrika Simmons, WCTV resident chef and a regular at the Frenchtown Heritage Marketplace, where she performs cooking demonstrations using produce available at the market. As she says at the end of her shows ‘Keep it flavorful !!!’”

Anthony

1 large bunch collard greens, stems removed and chopped
2 tablespoons coconut oil
1 small onion, diced
2 teaspoons salt, divided
2 garlic cloves, minced
1/8 t ground nutmeg
1 sprig rosemary
1 can coconut milk
1 cup almond milk
1/4 cup spike seasoning (no salt)
1/2 cup Brazil nut flour (grind Brazil nuts mix with 1 teaspoon of cornstarch in food processor until fine)
1 tablespoon honey

Putting It Together:

1. In a large frying pan over medium heat, coconut oil, greens, spring onion, 1 teaspoon salt, garlic, and ground nutmeg and sauté until collards begin to soften, about 6 minutes.
2. Add rosemary, coconut milk, almond milk, spike seasoning and remaining 1 teaspoon salt and bring to a steady simmer.
3. Let cook about 7 minutes, then gradually add in Brazil nut flour. Cook just until thickened and place in a serving dish. Serve warm.

Keep It Flavorful!!

Chef Shac

Contributed by Anthony Gaudio, Sustainable Tallahassee, May 2014