

Beer Braised Kale, Collard Greens and Brown Rice from *Urban Sacred Garden*



Kale, Collard Greens, or some variety of dark, leafy cruciferous vegetable are in my fridge all winter long. I love cooking them up in soups, adding them to salads with a tart vinaigrette or, in proper Southern fashion, cooking them down with some Bacon fat and tangy vinegar. This time, I tried a beer braised version, similar to the cabbage I make around St Patrick's Day. Whatever the holiday, hearty greens make it extra tasty.

INGREDIENTS

FOR GREENS

2 Tbsp Olive Oil
1/2 Lb Thick Cut Smoked Bacon (Benton's or Wright's recommended in you're in the South), coarsely chopped
1/4 Yellow Onion, finely chopped
1 Tbsp Ground Red Pepper Flake
2 Beers of Choice (I used 1 KY Bourbon Barrel Ale and 1 Pumpkin Ale)
5 oz (3 Cups) Kale, de-veined and coarsely chopped

8 oz (5 Cups) Collard Greens, de-veined and coarsely chopped
7 Tbsp Blood Orange or Apple Cider Vinegar
Fresh Ground Black Pepper
Fresh Ground Sea Salt

FOR BROWN RICE

1 Cup Long Grain Brown Rice
2 Tbsp Butter
Fresh Ground Black Pepper
Fresh Ground Sea Salt

DIRECTIONS

1. In a large dutch oven or soup pan over medium high heat, cook Olive Oil and Bacon for a few minutes. Add Onion and Red Pepper Flake and continue to cook until Bacon is crispy.
2. Add Beer to deglaze pot and scrape all the tasty bits off the bottom of the pan (use a wooden utensil to prevent scratching your pans).
3. Add Kale and Collard Greens and reduce to medium heat. Simmer greens for one hour, stirring occasionally. Add Vinegar. Add Salt and Pepper to taste. Adjust flavor by adding more Vinegar, Salt and Pepper as needed. (Salt and Vinegar will help reduce the bitterness in the Collard Greens.) You can serve Greens on their own, or continue with the following steps to add Brown Rice.
4. FOR RICE: Cook according to package instructions or as follows. Bring 2 1/2 Cups water to a boil with 2 Tbsp Butter and some Salt. Add 1 Cup Long Grain Brown Rice, reduce heat to a simmer and cover pan with a lid. Let Rice cook for 45 minutes until all water is absorbed. Check and stir occasionally while cooking. Once cooked, remove from heat and let sit for a few minutes. Open lid and fluff with a fork. Add Salt and Pepper to taste.
5. Add Rice to the Greens and toss to incorporate. Add any needed Salt and Pepper to balance flavor. Serve warm. Enjoy!