

Kale Stew

Serves 4

1 kilo floury potatoes, peeled
1 smoked sausage
1 shallot, finely chopped
1 Spanish chilli (sliced into rings)
a generous splash of soya sauce (light)
1 tbsp mild sambal
a pinch of lemongrass (sereh)
700 g kale, thoroughly washed
200 g fatty bacon
a dash of mild vinegar
1 knob of butter
a dash of whole milk

Cut the potatoes in half and boil them in a little water (1 to 2 centimetres) until tender. Add salt to taste. This takes about 10 to 15 minutes. If you're using the old-fashioned 'doré' variety, don't boil them for too long, or you'll be left with nothing but starch. So, keep an eye on them! Leave them to steam off for a moment and give them a good shake.

Cook the smoked sausage according to the instructions on the packet. Finely chop the kale. Mix the soya sauce, sambal and lemongrass in a small bowl. Heat a dash of oil in the wok and gently fry the shallot with the chilli (remove the seeds and membranes for a slightly less spicy result). Then add the soya-sambal mixture and stir. Add the kale and stir-fry until it wilts.

Meanwhile, fry the bacon in a small frying pan. No butter is needed for this. Use a slotted spoon to remove the bacon pieces from the fat.

Then add the kale to the potatoes and stir in the bacon. If desired, add a dash of vinegar. Add butter and milk and mash into a smooth mixture. Season to taste with pepper.

Remove the smoked sausage from the water, cut into pieces and place on top of the mash. Serve immediately.

MIX, STIR & SMILE