



## Flavors of Rochester at the Market

*A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.*

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Guest Chef for June 11, 2016:

***Tracy Schuhmacher, Democrat & Chronicle Food/Drink Writer***

### **RECIPE: SHREDDED KALE SALAD WITH WARM BALSAMIC VINAIGRETTE AND CANDIED ALMONDS**

Use a bunch of fresh kale rather than bagged kale; the bagged kale contains thick stems that are not palatable in a salad. Ingredients:

½ cup sliced almonds  
2 Tablespoons sugar  
3 Tablespoons olive oil, divided  
3 shallots (about 3 ounces), peeled and thinly sliced  
1 cup dried cranberries or cherries  
3 Tablespoons balsamic vinegar  
1 Tablespoon brown sugar  
⅛ teaspoon each salt and pepper  
1 large bunch kale (about 10 ounces), leaves removed from stems and thinly sliced  
(optional) ¼ cup crumbled blue cheese or goat cheese

Candy the almonds: heat sugar and almonds over medium heat. Cook, stirring frequently, until sugar coats the almonds and starts to brown. Immediately pour into a bowl to cool. Wipe the pan.

Make the vinaigrette: in the same pan, heat 2 Tablespoons oil over medium heat. Add shallots and sauté for five minutes or until tender. Add cranberries, balsamic vinegar, brown sugar, salt and pepper; stir to combine. Let bubble for about 30 seconds, then remove from heat.

In a large bowl, toss the kale with 1 Tablespoon olive oil and a pinch of salt. Massage the kale for a minute or so until it starts to darken in color. Add the warm vinaigrette and toss to combine. Taste and season with additional salt and pepper as needed.

Serve topped with the candied almonds and crumbled cheese, if desired.

Serves 6 to 8 people as a side dish.