

SAUTÉED COLLARD GREENS



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SERVES: 4

INGREDIENTS

1 large 'Couve Portuguesa' (Collard Greens) •
2 shallots • 3 garlic cloves • 50ml olive oil •
Salt and fresh milled pepper to taste

METHOD

Wash the greens, separating the leaves • Cut the leaves into strips and discard the tougher stalks • Put water on to boil and season with sea salt; dip the collard greens in the boiling water and cook for 30 seconds to 2 minutes according to personal taste • The greens shouldn't become soft, so as to retain their nutrients and flavour • Drain and cool using iced water, before draining off as best you can • Heat the olive oil and cook the roughly chopped shallots and garlic • Add the greens before the garlic browns and sauté so as the greens are coated with the oil and heat • Season with salt and pepper to taste and serve immediately