

Massaged Kale with Dressing - *JawThalve.com*

(originally featured in Rockland, Maine's The Free Press Home & Garden section, by Georgeanne Davis: <http://freepressonline.com/main.asp?SectionID=50&SubSectionID=76&ArticleID=22592>)

serves 4-6 | prep time: 20 min

- 2 bunches fresh kale – I like to do a combo of curly kale and Tuscan kale (or Lacinato) (You can also use the pre-torn kale but we've found that there really is a difference in using the fresh bunches. The pre-torn lacked flavor, and with these few ingredients, you don't want your main ingredient lacking!)
- 1/2 c. freshly grated Parmesan cheese
- 1/3 c. cup olive oil
- 1/4 c. lemon juice (We actually do 1/3 cup)
- 3 large cloves garlic, minced
- 1 T soy sauce
- 1 minced anchovy fillet (We haven't tried this yet)
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper

Tear the kale from kale stems. I think the most efficient way to do this is to grab the base of the stem with one hand and with your free hand, loop your index finger and thumb around the base, and slide down the stem to its point, ripping the leaf off as you go.

Wash and dry the leaves.

Tear leaves into small pieces and place in a large bowl.

In a small bowl, whisk together the Parmesan, oil, lemon juice, garlic, soy sauce, anchovy, pepper and salt. Pour onto the kale.

With clean hands, firmly massage and crush the kale to work in the flavoring. Stop when volume is reduced by about half.

The kale should look a little darker and somewhat shiny. Taste and adjust seasoning.