

Kale & Triticale “Risotto”

From *Mike Shethar, formerly of Nash’s*



- 1 lb package Nash’s Triticale Berries
- 2 Bunches lacinato or red kale leaves, ribs and stems removed
- 2 Tablespoons extra virgin olive oil
- 2 Med shallots, sliced
- 3 Cloves garlic, sliced
- 5 Cups veggie broth
- .5 Tablespoon butter
- 6oz Parmesan Cheese

Wash and soak berries overnight. Cook as you would rice, (1 part grain, 1.5 part water) for about 1-2 hours, or until tender. Drain and coat with a bit of olive oil. Coarsely chop kale and reserve. In large sauce pan, warm oil on medium head and add shallots. Cook about 2 minutes, then add kale and wilt together for 2 minutes, then add garlic. Saute 30 seconds, stirring occasionally, then add 4 cups of the broth and simmer. Simmer about 10 minutes or until broth is mostly absorbed, then add butter, 4oz Parmesan cheese and cooked triticale. Adjust to remaining stock, and more butter, S & P. Garnish with chives and Parmesan cheese as desired.

Visit our website www.nashsorganicproduce.com.

Our Farm Store is located at 4681 Sequim-Dungeness Way, Sequim, WA 98382 • 360-683-4642
Hours: Tuesday-Sunday, 9am-6pm, closed Monday

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