



From the farm!

Squash and kale canapés

by J. Peter Bergman

Ingredients:

Three summer squash, green, purple, red or yellow
One bunch of kale leaves
Fresh basil leaves
Three dozen garlic cloves
One bay leaf
Fresh sage

Directions:

Wash and devein the kale leaves.

- Bring two quarts of water to a boil, lightly salt and keep it boiling. When salt is dissolved add in the kale stems and bay leaf and boil for about ten minutes. The water should take on a slight tinge of color. When soft remove the kale stems and discard.
- Throw into the hot water all of the separated and cleaned garlic cloves. Boil for five minutes and then remove the garlic and set aside.
- In the meantime clean and cut the squash, cutting them in half, lengthwise, and then cutting each portion in ½ inch thick pieces. Add to the water with sprigs of fresh sage and boil for five minutes. Using a slotted spoon remove the par-boiled squash sections and set aside to cool.
- Boil the Kale leaves until tender and easy to fold. It should be firm enough to hold together, but not too touch to chew. Remove from the water, allow to cool. Discard the liquid.
- When everything is cooled, do as follows:
On a leaf, place a piece of squash, a garlic clove and sprinkle with chopped basil (fresh or dried). Roll the leaf around the other ingredients until it is completely covered. Secure with a toothpick and set aside.
Repeat until all ingredients are used. Refrigerate and serve as canapés with dipping sauces of your choosing.