



ORGANIC

RECIPES FROM LAND TO TABLE

MARIN

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Lacinato Kale

Lacinato kale is a dark, long, leafy green with bumpy leaves. From the cabbage family, its closest relatives are spinach, Swiss chard, and beet and mustard greens. Rich in minerals and vitamins, kale has a slightly bitter flavor that lessens with cooking. Stems and ribs can be tough, so slice or tear the leaves off before washing well in cold water. Kale is delicious boiled, steamed, or braised until tender. Some of the special varieties of kale are collards, Russian kale, and Lacinato (also called dinosaur or Tuscan kale).



Cavolo Nero (Tuscan Braised Kale)

Piatti Ristorante & Bar, Mill Valley

This classic Italian vegetable dish is an excellent accompaniment to braised meats.

Piatti serves this with stracotto, an Italian-style pot roast.

¼ cup extra-virgin olive oil
1 yellow onion, thinly sliced
¾ cup water
3 cloves garlic, thinly sliced
½ tablespoon chopped fresh
rosemary
¼ teaspoon red pepper flakes
5 cups Lacinato kale (or other
kale), stemmed and coarsely
chopped
¼ teaspoon kosher salt

Heat the oil in a large sauté pan over medium heat, add the onion, and sauté until just soft, about 5 minutes. Add ¼ cup of the water, cover, and cook the onions until very tender, 7 to 10 minutes. Stir in the garlic, rosemary, and pepper flakes and sauté for 5 minutes. Add the kale and the remaining ½ cup water, cover, and simmer over low heat until the kale is very tender, 30 to 40 minutes. Add more water to the pan if the kale is dry.

Uncover the pan and increase the heat to high to evaporate any excess liquid. Season the kale with salt. Serve warm.

Serves 4 to 6





Piatti Ristorante & Bar

Focused on the bounty of local purveyors and perched in Mill Valley on the edge of Richardson Bay, Piatti is perfectly situated for diners to watch the sun setting behind Marin County's iconic Mount Tamalpais. The restaurant's menu of Italian dishes made with fresh ingredients is enhanced with a flair of northern California sophistication. Any night of the week, the bar is abuzz with regulars gathered to toast the day, while the surrounding booths and tables are filled with families, groups, and couples who celebrate well into the night.



Stracotto (Italian Pot Roast)

Piatti Ristorante & Bar, Mill Valley

A classic example of a perfect slow-cooked main course is Piatti's stracotto, a comforting braised dish with accents of rosemary and cloves. Piatti's serves it with braised Lacinato kale (page 160). You will need to start this dish 1 day before serving.

- 1 (3-pound) boneless beef chuck roast, tied
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- 1 large yellow onion, coarsely chopped
- 1 carrot, peeled and coarsely chopped
- 2 stalks celery, coarsely chopped
- 5 cloves garlic, halved
- 2 cups canned, peeled whole tomatoes, broken up, with juice
- 1 tablespoon tomato paste
- 2 rosemary sprigs
- 2 cloves
- 2 bay leaves
- 4 cups beef stock
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

The day before serving, salt the roast evenly with the kosher salt. Cover and refrigerate overnight.

The next day, preheat an oven to 275°F. Heat a large Dutch oven over medium-high heat. Add the olive oil and brown the beef on all sides. Transfer the roast to a plate. Pour off excess oil and sauté the onion, carrot, and celery until lightly browned. Add the garlic and sauté for another minute. Stir in the tomatoes and juice and tomato paste and cook 10 minutes more. Tie the rosemary, cloves, and bay leaves in a 4-inch square of cheese cloth. Add the herbs and stock to the sauce and season with the salt and pepper. Increase the heat to high and bring to a boil, then decrease the heat to a simmer. Return the roast to the pan and cover with a tight lid. Braise in the oven for 3 to 4 hours, or until very tender, turning the roast several times.

Remove from the oven and transfer the roast to a plate; cover and keep warm. Skim the fat off the top of the braising liquid and remove the herbs and discard. Bring the liquid to a brisk simmer over medium heat and cook to reduce by half. Taste and adjust the seasoning. To serve, cut the meat into ½-inch slices, transfer to warmed plates, and spoon the warm sauce over the roast.

Serves 4 to 6 as a main course



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