



Menu du Jour

21 Jan 06

New Bedford Kale Soup
(Serves six)

New Bedford Kale Soup

Kale soup was brought to Cape Cod by our earliest visitors, the Portuguese fishermen from the Cape Verde Islands and the Azores, long before the English, French, and others arrived. This recipe is a variation from the traditional "Caldo Verde" as it includes Spanish chouriço and Cajun andouille along with the Portuguese linguica. Some jalapeño and crushed red pepper flakes add a zesty bite. Serve this hearty soup with crusty Portuguese bread and a side salad for a comforting winter meal. As with many soups and stews, this soup tastes better a day or two after preparing.

2 tablespoons good-quality olive oil
1 pound linguica (Portuguese sausage)
1 pound chouriço (Spanish sausage)
8 ounces andouille (Cajun sausage)
6 cloves garlic, peeled & minced (about 1/4 cup)
2 jalapeño peppers, seeded and minced (about 1/4 cup)
1 large yellow onion, peeled and chopped (about 2 cups)
Kosher salt and freshly ground black pepper, to taste
1/4 cup chopped fresh flat leaf parsley
10 cups homemade chicken or vegetable stock
2 bay leaves
3/4 teaspoon fresh thyme leaves
1/2 to 1 teaspoon crushed red pepper flakes (to taste)
1 bunch kale, well washed, stemmed, and torn into bite-size pieces (about 24 cups)
2 large (about 1 pound) Yukon Gold potatoes, peeled & diced
2 large (about 3/4 pound) Red Bliss potatoes, scrubbed & diced
1 (15 1/2-ounce) can red kidney beans, drained & rinsed
1 (15 1/2-ounce) can small red beans, drained and rinsed

Remove the casings from the sausages and cut the sausages into bite-size pieces.

Heat the olive oil in a 6 1/2-quart stockpot over medium heat. Add the sausages, garlic, jalapeño, and onion, season to taste with salt and pepper, and cook, stirring, until onions are translucent, about 8 minutes. Add the parsley and the chicken (or vegetable) stock and bring to a low boil.

Add the bay leaves, thyme, crushed red pepper, and kale. Reduce heat and simmer, partially covered, for 1 to 1 1/2 hours. Add the diced potatoes. Simmer until the potatoes are tender, about another 20 minutes. Remove the bay leaves. Add the kidney beans and the small red beans; cook



until thoroughly warmed, about 8 minutes. Adjust seasonings and ladle into warmed serving bowls.

(Chef's note: If desired, the soup could be de-fatted by cooling to room temperature and then refrigerating until any pork fat congealed on the surface. Use a slotted spoon to remove the congealed fat.)



Finished Kale Soup