



Grünkohl mit Pinkel (Kale with Sausage)

LOWER SAXONY

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Ingredients

For 4 persons

- 2.20 lbs. of kale
- 2 onions
- 2 tbsp of goose fat
- 10 oz. of vegetable broth
- 2 potatoes
- 0.50 lbs. of pork belly
- 0.50 lbs. of smoked bacon
- 2 regular sausages
- 4 smoked sausages
- Salt, pepper, mustard

Method

Wash the kale and shake dry. Cut the leaves from the coarse stems and pluck them smaller if necessary. Bring water to the boil in a large saucepan and season with salt. Let the kale leaves soak for about 10 minutes over low heat.

Pour into a sieve, drain, and chop. Peel the onions and finely dice them. Heat the lard in a large saucepan and sauté the onions until translucent; add the kale and add 5 oz. of stock.

Mix in the peeled potatoes and the pork belly and pour in the remaining broth. Cover and stew the dish over low heat for about 1 hour. Then add the bacon and cook for another hour.

Pierce the sausages with a needle so that they release fat and flavor. Add to the kale with the sausages, let simmer for about 20 minutes, and season with salt. Serve the dish with boiled potatoes and mustard.

Bon appétit!

Wine Recommendation

A dry Silvaner from the Palatinate, followed by a Pinot Blanc from the Saale-Unstrut region, or a Grüner Veltiner and Riesling are recommended. However, the combination of kale with beer is prevalent.