

Kale with bacon and Pinkel

Ingredients

1,5 kg kale
 4 tbsp finely chopped onions
 2–3 tbsp lard
 3 tbsp porridge oats
 1 tsp salt
 1 tsp crushed pepper
 1 pinch of sugar
 meat stock
 4 slices cured pork filet
 (Kasseler)
 250 g smoked bacon
 4–6 cooked sausages
 4–6 smoked, coarsely-ground
 sausages (Pinkel)

As a side dish:

boiled potatoes

Preparation (serves 4 people)

Kale tastes best after it's had a nip of frost. You can then break the leaves from the ribs, wash thoroughly, leave to dry and then pour boiling water over the kale leaves. Then chop it up coarsely.

Braise the onions in the hot lard and add the chopped kale, oats and the spices in layers. If necessary, add a bit of stock. Leave the dish to cook for 10 minutes, shake it up thoroughly, add the slices of Kasseler meat and bacon and leave to simmer gently for 2 to 3 hours with a closed lid.

Add the Pinkel sausages and the boiled sausages only in the last hour. Once the kale is cooked, remove the meat and the sausages, serve them on a plate and season the kale.



The dish is best served with boiled potatoes.