

**Recipes from our Sideview Competition  
Summer 2013**



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All these recipes were sent in by our members and supporters, for which we are very grateful. Please note that sometimes precise quantities of ingredients were not given. Amounts and servings may vary according to taste and appetite – please feel free to improvise!

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# Kale with Bacon and Chilli (First Prize Winner)

Sandra Slater

**Serves: 2 generous portions**

## Ingredients

2 large handfuls of kale

Olive oil

1 small onion, finely chopped

2 rashers pancetta or streaky bacon, snipped into small pieces

1 clove of garlic, crushed

Pinch of chilli flakes (or half a teaspoon of chilli powder)

Ground Black Pepper; grated zest of half a lemon

## Method

- 1 Strip the kale from the coarse stems and discard stems; wash and dry the leaves and push through a food processor with the 'coarse' grater blade or shred by hand. Set aside.
- 2 In a wok, heat a little olive oil and add the pancetta or streaky bacon and fry for a minute or two; add the onion and continue to fry until the bacon is crispy and onions softened and beginning to brown.
- 3 Add the garlic, chilli and stir.
- 4 Tip in the kale and lower the heat, stirring to combine all ingredients, adding a little olive oil as necessary.
- 5 Put a lid on and steam for a short time; remove from the heat, adding black pepper and lemon zest

## Tip

No need to add salt, but maybe a splash of white wine if you wish!



# **Stir-fried Beef with Kale and Black Bean Sauce (Runner up)**

Patricia Kelly

**Serves: 2 to 4**

## **Ingredients**

4 thin-cut sirloin steaks  
1 teaspoon each of soy sauce and cornflour  
1 - 2 tablespoons rapeseed oil  
1 teaspoon sesame oil  
2 teaspoons rice wine (or dry sherry)  
1 red onion, finely chopped  
2 cloves garlic  
Small piece root ginger peeled and finely chopped  
200g fresh kale  
Quarter teaspoon crushed chillies (optional)  
4 tablespoons Black Bean Sauce

## **Method**

- 1 Slice the beef into half inch strips
- 2 Mix the soy sauce, rice wine, sesame oil, cornflour until smooth; add beef and marinate for at least 10 minutes
- 3 Heat half the rapeseed oil in a large frying pan/wok; add beef and fry for 1 to 3 minutes.
- 4 Remove beef and keep warm, wipe the pan and add the remaining oil.
- 5 Fry onion, garlic and ginger for a couple of minutes; add the kale and chillies, stir-fry until the kale is wilted.
- 6 Add the beef and black bean sauce; combine and cook for a further minute; serve with boiled rice.

## **Tip**

If you like oriental flavours, this is delicious. If you find chopping fiddly, ask your butcher or supermarket meat counter to slice the beef. Keep a piece of root ginger in the freezer and grate straight in from frozen.

## **Kale Soup (Runner up)**

Ann Layton

**Serves: 3 to 4**

### **Ingredients**

570ml vegetable stock

100g fresh kale

75g red or green lentils

400g tin of chopped tomatoes

Seasoning to taste

### **Method**

- 1 Wash the kale and remove the stalks
- 2 Wash the lentils
- 3 Pour the stock into a saucepan and add kale and lentils
- 4 Bring to the boil and simmer for 10 minutes
- 5 Add the chopped tomatoes
- 6 Blend in a liquidiser/food processor
- 7 Season, as required

### **Tip**

Warming, filling and easy.



# **Kale and Potato Croquettes (Runner up)**

Shirley Smith

**Serves: 1 or 2**

## **Ingredients**

250g fresh kale

250g mashed potato

1 egg

Salt, pepper and grated nutmeg, to taste

Olive oil for frying

250g breadcrumbs

## **Method**

- 1 Remove the kale leaves from the stalks, rinse and shred leaves and steam for about 10 minutes until tender
- 2 Add to the potato
- 3 Add the egg and seasoning; mix and shape into croquettes (shaped a bit like a rugby ball!)
- 4 Coat the croquettes with breadcrumbs and fry until golden brown

## **Tip**

Good as an accompaniment to meat or fish, as well as to vegetarian dishes.



# **Kale Pasta with Beetroot and Parmesan**

Christine Cardy

**Serves: 2**

## **Ingredients**

200g fusilli pasta

220g young kale – shredded

200g cooked beetroot, fresh or vacuum packed but not in vinegar

1 tablespoon olive oil

1 tablespoon balsamic vinegar

50g parmesan cheese – grated

## **Method**

- 1 Cook the pasta following packet instructions
- 2 Meanwhile, steam the shredded kale for approximately 4 minutes
- 3 Cut the beetroot into small cubes
- 4 When the pasta is cooked, drain and stir in the olive oil and balsamic vinegar
- 5 Fold in the beetroot and steamed kale
- 6 Stir briefly over a low heat, until all ingredients are hot
- 7 Transfer to a serving bowl and sprinkle evenly with parmesan cheese
- 8 Serve with a side salad.

## **Tip**

Optional extra: grill 2 slices of smoked back bacon until crispy, cut into very small pieces and add to each portion, as required.

# Coulbiac – Salmon and Kale Pasty

Pauline Topham

Serves: 4

Oven Temperature: 190 C

## Ingredients

500g puff pastry (shop-bought, use as much as required)

A little semolina or ground rice

225g curly kale

225g skinless salmon fillet

Salt, pepper, grated nutmeg, butter, to taste

1 lemon for zest plus juice of half the lemon

1 egg, beaten (or use milk, as a glaze)

## Method

- 1 Cook kale in microwave, steamer or saucepan. When cool, squeeze out surplus water and chop
- 2 Poach salmon in a lidded dish in the microwave on full power for 2 minutes; allow to cool then flake
- 3 Roll out pastry into a 30 cm square and sprinkle a little semolina (or ground rice) in the centre; this soaks up moisture and keeps the pastry crisp.
- 4 Place pastry on a baking sheet and put the kale and flaked salmon in the centre
- 5 Season, dot with butter, add lemon zest and juice and grate a little nutmeg over the filling
- 6 Fold in the corners, dampen the edges and seal, ending up with a parcel like a large envelope.
- 7 Brush with milk/beaten egg and Bake for 30 - 35 minutes. Serve warm.





## **Two Ways with Kale**

Moyra Elder

**Serves: 4**

### **Ingredients**

1kg fresh kale

Sunflower oil

1 large garlic clove, peeled and squashed

1 small red chilli pepper, very finely chopped

Half a tin of condensed mushroom soup

### **Method**

- 1 Remove and discard stems from the kale; roughly chop the leaves and rinse
- 2 Add kale to oil pre-heated in a wok or large pan with a tablespoon of cold water
- 3 Add garlic and chilli and stir well to combine the ingredients
- 4 Cook quickly, until the kale is completely wilted and softened
- 5 Add the soup and stir again to combine the ingredients
- 6 Serve at once

### **Alternative Ingredients**

Replace the tinned soup with half a packet of “Philadelphia Simply Stir” Mushroom Sauce

### **Second Way with Kale**

Simply add grated fresh ginger to steamed kale with a little soy sauce

### **Tips**

If using fresh ginger, keep it in the freezer. Try using garlic and chilli purees from a tube instead of fresh. Do not add salt to the mushroom recipe if using the can of soup, as the soup itself is quite salty. Go easy on soy sauce too – it can overpower!

## **Aye Eye Soup**

Gill Greenhalgh

**Serves: 3-4**

### **Ingredients**

1kg frozen chopped spinach

3 chicken stock cubes

1.5 litres boiling water

Zest and juice of 1 lemon

Lots of black pepper to taste

Quarter teaspoon grated nutmeg

150ml soured cream

### **Method**

- 1 Place the spinach in a large pan and add boiling water, stock cubes and lemon zest
- 2 Bring back to the boil, stirring all the time then switch off the heat and blend with a hand held (or other) blender
- 3 Add half the lemon juice, black pepper and nutmeg to taste.
- 4 Serve in bowls with a swirl of soured cream, to taste.

### **Tip**

Any remaining soup, once cooled, can be stored for a day or so in the fridge. A light soup which you could thicken using a potato or some lentils if you wished.

# Crispy Kale with Peppers

Judy Moore

Serves: 2

Oven Temperature: 180 C

## Ingredients

1 bag fresh kale

2 tablespoons olive oil

Quarter teaspoon dried crushed peppers

2 teaspoons wine vinegar

2 cloves garlic, crushed

Salt and pepper to taste

## Method

- 1 Mix all the ingredients together
- 2 Put into an oven proof dish and cook for about 20 to 30 minutes

## Tip

This method gives the kale a crispy texture and makes it more interesting as part of a main meal. However, it cooks kale for quite a long time so more of the nutrients will be lost.



## **Kale with Garlic, Ginger, Chilli and Soy**

Sent in by Julia Burgess

**Serves: 4 as a side dish**

### **Ingredients**

200g curly kale

1 teaspoon root ginger, finely chopped or grated

1 tablespoon sunflower oil

1 - 2 mild red chillies

1 bunch spring onions, chopped

2 - 3 cloves garlic, finely sliced, to taste

1 - 2 tablespoons soy sauce

### **Method**

- 1 Heat oil and gently fry ginger, chillies, spring onions and garlic for 1 or 2 minutes. Remove from pan.
- 2 Heat a little more oil and add kale, in batches, until softened
- 3 Add the garlic mix back to the pan and mix to combine
- 4 Add soy sauce, to taste

### **Tip**

This is good served with pork or lamb dishes, as a side dish.



# **Kale with Sardine and Egg**

Joan Plackett

**Serves: 1**

## **Ingredients**

Kale, chopped

Broccoli

Stick of celery, cut into small pieces

Tin of sardines (or mackerel) in tomato sauce, mashed

Salt and pepper, to taste

2 eggs, beaten with crushed garlic added

## **Method**

1 Combine the celery, kale, broccoli and fish

2 Microwave for 3 and a half minutes

3 Add the egg and microwave for a further 1 and a half minutes

## **Tip**

Increase quantities for additional servings.

You could substitute other green vegetables for broccoli.

# **Garlicky Mushrooms and Kale**

Sourced from the Internet

**Serves: 2**

## **Ingredients**

1 teaspoon olive oil

6 cloves of garlic, crushed

Quarter teaspoon salt

225g cremini or button mushrooms, sliced

500g kale, coarse stems removed, leaves sliced or torn into pieces

Several pinches of freshly ground black pepper

## **Method**

- 1 Pre-heat a large frying pan over a medium heat and add a little oil
- 2 Gently fry garlic in the oil for about 2 minutes, being careful not to burn it.
- 3 Add the mushrooms and sprinkle over the salt and let them cook for 5 – 7 minutes, stirring often, until the moisture has released and the mushrooms are lightly browned.
- 4 Add the kale and pepper and wilt for about 5 more minutes until the kale is tender
- 5 Serve immediately

## **Tip**

Add splashes of water if the pan becomes dry.

Adding chopped nuts gives a crunch and is also nutritious!

# **Kale with Oatmeal**

Mrs A E Hunter

**Serves: 1**

## **Ingredients**

200g fresh kale, stems removed and discarded

1 tablespoon oatmeal

Cream to taste

## **Method**

- 1 Steam the kale until softened
- 2 Puree the cooked kale, adding a little of the cooking water
- 3 Return to a warm pan, sprinkle with oatmeal and a swirl of cream
- 4 Season with salt and pepper to taste
- 5 Serve

## **Tip**

It is best to steam kale so as to retain as many nutrients as possible.

## **Kale with Coriander**

Carla Mercy

**Serves: 2**

### **Ingredients**

Kale leaves

50g butter

1 small onion - diced

1 garlic clove – crushed

Pinch ground coriander

Black pepper, to taste

### **Method**

- 1 Remove any tough stems and tear the kale leaves into bite-sized sections
- 2 Steam lightly for 3 to 5 minutes until the kale softens
- 3 In a separate pan, melt the butter then add the onion, garlic and coriander; add pepper to taste
- 4 Cook gently for 2 minutes, stirring all the time
- 5 Add the kale to the onion and garlic. Mix gently and thoroughly
- 6 Serve on a warmed plate



# Spinach and Kale Filo Parcels

Julia Bradwell

**Serves: approx 2-3**

**Oven Temperature: 200 C**

## Ingredients

1 Packet of Filo Pastry (shop-bought)

Spinach (e.g. frozen leaf spinach)

Kale (stalks discarded) cooked for a few minutes

1 onion, lightly fried

Garlic, to taste

Salt, Pepper, Nutmeg to taste

Pine Nuts

Tofu

Vegetable Stock

Cornflour

Olive Oil or melted Butter

## Method

- 1 Cook spinach and kale; when cooked, squeeze to remove as much water as possible.
- 2 Add fried onions and garlic (if used), salt, pepper, nutmeg, pine nuts
- 3 Crumble some hard tofu into a little vegetable stock and cornflour; combine with the spinach/kale/onion mixture.
- 4 Place the mixture in the middle of the filo pastry and wrap up into a 'parcel' and place in a baking dish or on a baking tray.
- 5 Brush with melted butter/olive oil and bake for about 15 – 20 minutes until the pastry is golden.

## Tip

Non-vegans may like to replace the tofu with plenty of feta cheese.

# **Cheesy Pasta with Spinach and Sausages**

R E Davidson

**Serves: 2 to 4**

## **Ingredients**

25g butter  
25g plain flour  
600ml milk  
150g cheese, grated  
300g spinach  
250g pasta  
100g breadcrumbs  
8 sausages – optional

## **Method**

- 1 Grill sausages, if using
- 2 Boil pasta until cooked
- 3 Melt butter, take off heat, add flour and mix to form a thick dough. Gently cook for 1 minute.
- 4 Add a little milk and whisk well to form a paste
- 5 Place pan back on medium/low heat, constantly whisking while slowly adding three quarters of the milk
- 6 Once sauce has thickened add half the cheese and stir, adding more milk a little at a time if sauce becomes too thick.
- 7 Add spinach, simmer until softened; add in the pasta
- 8 Place mixture in a Pyrex bowl and top with the remaining cheese and breadcrumbs
- 9 Bake or grill for a few minutes until the topping has browned.
- 10 Serve with sausages, if using.

# **Cheesy Eggs with Spinach**

Mrs A E Hunter

**Serves: 1**

## **Ingredients**

2 eggs  
500g spinach  
10g butter  
1 tablespoon flour  
275ml chicken stock  
75g cheese, grated

## **Method**

- 1 Boil the eggs for 10 minutes; shell, cool and halve
- 2 Cook spinach for 5 minutes, drain and squeeze
- 3 Place spinach in shallow ovenproof dish and arrange the eggs on top, yolk down
- 4 Melt the butter in a small pan, stir in the flour and cook for 1 minute
- 5 Add the stock to the flour and, stirring all the time, bring to the boil. Remove from the heat and add most of the cheese
- 6 Pour the cheese sauce over the eggs and spinach and top with the rest of the cheese
- 7 Brown under the grill

# Spinach Omelette

Edith Fay

**Serves: 1**

## Ingredients

2 eggs

Knob of butter

1 bag of spinach

## Method

- 1 Beat the eggs and set aside
- 2 Melt the butter in a frying pan and when bubbling, cram the pan full of spinach leaves and keep moving them around until they reduce to a fraction of their original volume
- 3 Remove the spinach to a warm plate
- 4 Tip the eggs into the pan and cook quickly for about one minute until the egg is not quite set
- 5 Tip the spinach back on top of the egg and slide the omelette onto a plate to serve.

## Tip:

This is a simple method of cooking spinach; both eggs and spinach are full of lutein!

## **Tips for using Spinach and Spring Greens**

Sandra Slater

### **Spinach**

When buying a bag of spinach, keep some of the leaves to eat raw or in sandwiches, mixing them with other salad leaves.

When making a curry or other sauce-based dish, when the curry is cooked and off the heat, drop in a small handful of spinach leaves and stir them through; they need no further cooking as the residual heat is enough.

Steam spinach to conserve as much of the goodness as possible. It takes seconds and you need do nothing more than add a good grating of nutmeg.

### **Spring Greens**

Wash and slice greens finely, steam in a colander. Heap into a bowl and stir through a generous knob of butter and a sprinkle of sea salt.

For lighter green cabbage, shred and steam; finish with a level teaspoonful of caraway seeds stirred through with a knob of butter.

# Conversion Charts

All these are approximate conversions, which have either been rounded up or down. Try not to mix metric and imperial measures in one recipe; stick to one system or the other.

## Temperatures

Fahrenheit	Celsius	Gas
275	140	1
300	150	2
325	170	3
350	180	4
400	200	6
425	220	7
450	230	8
475	240	9

If using a fan oven, reduce temperature by 20 degrees.

## Weights

Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
2 oz	50 g
3 oz	75 g
4 oz	110 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
16 oz	450 g

## Volume

Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz – ¼ pint	150 ml
10 fl oz	570 ml
20 fl oz – 1 pint	1 litre