

BRAISED GREENS WITH SAUSAGE & ITALIAN CORNBREAD

SERVES 4

ITALIAN CORNBREAD

INGREDIENTS

3 cups cracked corn polenta
kosher salt, to taste
pepper, to taste
2½ cups boiling water
2 teaspoons baking powder
3 tablespoons coconut oil, melted

DIRECTIONS

Preheat oven to 450°.

Combine polenta, salt and pepper in a pot. Slowly incorporate boiling water, stirring, until consistency is doughy and pliable. Set aside and allow to cool. Mix with baking powder and coconut oil.

Grease an 8-inch aluminum pie pan. Add the polenta mixture. Press down the center of the dough to form a hole, which will ensure even baking. Bake at 450° for first 15 minutes, then reduce heat to 400° for 30 minutes until crispy and golden. Set aside to cool, then serve cornbread with greens and Italian sausage.

BRAISED GREENS & SAUSAGE

INGREDIENTS

1/3 cup ghee
1-2 pounds fresh Italian sausage, cut into 3-inch sections
1 head of garlic, halved crosswise
1 large onion, halved and thinly sliced
¼ teaspoon red pepper flakes
kosher salt, to taste
freshly ground pepper, to taste
2 bunches Tuscan kale or collard greens, ribs and stems removed, leaves torn
2 cups water
2 ounces Parmesan, finely grated
½ lemon, squeezed

DIRECTIONS

Preheat oven to 350°. Melt ghee in a medium Dutch oven over medium-to-high heat (note: butter may be used, but ghee is preferable for high-heat searing). Add sausages and sear 3-5 minutes, turning, until lightly browned. Transfer sausages to a sheet pan with tongs, then bake for about 25 minutes, until cooked through.

Arrange garlic halves, cut side down, atop ghee and sausage drippings in Dutch oven. Add onion slices and season with salt, pepper and red pepper flakes. Sauté on medium-high heat, stirring onion occasionally but keeping garlic cut side down, until onion is deep golden, 6-8 minutes.

Add kale by the handful, stirring and letting it wilt slightly before adding more. Season generously with salt and continue to stir until kale is entirely deep green and just wilted, about 3 minutes. Add 2 cups water, cover pot partially with a lid, and cook until liquid is reduced by half and kale is tender, 12-15 minutes. Add Parmesan to braised kale and stir to melt and incorporate, about 5 minutes. Taste and season with more salt and pepper if needed. Dress with lemon juice before serving.
