

SYLT KALE

PREPARATION . First boil and peel the potatoes, then wash the kale, remove the stems and roughly pluck. Sauté the diced onions in the lard and add the kale. Add the stock and bring to the boil. Add a dash of caraway schnapps (Helbing) for flavour. Let the kale simmer for several hours, stirring repeatedly; add stock if necessary. Finally, add oat flakes to bind the kale until the desired consistency is reached. Season the kale with salt & pepper, caraway seeds, sugar, schnapps and mustard. If you like, you can now add a spoonful of lard. Slice the smoked pork and pork cheek and heat them in the kale pot with the cabbage sausages before serving. Serve with three kinds of potatoes – boiled potatoes, fried potatoes with bacon and caramelised potatoes – and medium hot mustard.

Traditionally, kale is eaten on 21 February for the Frisians' Biike. Before the meal, the village walks together to the Biike with torches. After returning from the cold, a hearty meal with a cheerful atmosphere awaits.

INGREDIENTS for 4 people . 2 kg Kale . fresh . 1 Vegetable onion
2 kg Kassler back . 6 Cabbage sausages . 1 Pork cheek . smoked
0,25 kg Pork lard . 2 l Poultry or vegetable stock . 1,5 kg Kale potatoes
100 g Breakfast bacon . Oat flakes . Mustard . medium hot
Salt & pepper . from the mill . Sugar . Caraway . Caraway schnapps

