

# KALE SALAD, BUTTERMILK DRESSING, PICKLED ONIONS

1 CUP WATER

1 TABLESPOON GRANULATED SUGAR

1/2 CUP PLUS 1 TBSP. APPLE CIDER VINEGAR, DIVIDED

2 1/4 TEASPOONS KOSHER SALT, DIVIDED

1 RED ONION, THINLY SLICED

1 SMALL RED BEET, SLICED INTO 4 ROUNDS

1/2 CUP BUTTERMILK

1/3 CUP MAYONNAISE

2 TABLESPOONS OLIVE OIL

1 TABLESPOON CHOPPED FRESH FLAT-LEAF PARSLEY

1 TABLESPOON CHOPPED CHIVES

1 SMALL GARLIC CLOVE, MINCED

1/4 TSP TEASPOON BLACK PEPPER

1 BUNCH (ABOUT 12 OZ.) CURLY KALE, STEMS REMOVED, TORN INTO BITE-SIZE PIECES

3 HARD-COOKED EGGS, EACH CUT INTO 8 PIECES

WHOLE PARSLEY LEAVES, CHOPPED CHIVES, BUTTERY FRENCH BREAD CROUTONS

## PREPARATION

1. BRING WATER, SUGAR, 1/2 CUP VINEGAR, AND 1 1/2 TEASPOONS SALT TO A BOIL IN A SMALL SAUCEPAN OVER HIGH. BOIL, WHISKING UNTIL SUGAR AND SALT DISSOLVE, ABOUT 1 MINUTE. REMOVE FROM HEAT.
2. PLACE ONIONS AND BEETS IN A GLASS BOWL; ADD VINEGAR MIXTURE. LET STAND AT ROOM TEMPERATURE 1 HOUR. DRAIN AND SERVE, OR CHILL UP TO 2 WEEKS.
3. WHISK TOGETHER BUTTERMILK, MAYONNAISE, AND OLIVE OIL IN A BOWL UNTIL SMOOTH. WHISK IN PARSLEY, CHIVES, GARLIC, AND REMAINING 1 TABLESPOON VINEGAR. STIR IN PEPPER AND REMAINING 3/4 TEASPOON SALT.
4. TOSS TOGETHER KALE, ONION MIXTURE, AND 1/2 CUP DRESSING. TOP WITH EGGS, PARSLEY AND CHIVES.

PRESENTED BY: CHEF EMMA CURRIE