

TIPS ON COOKING GREENS

BUYING GREENS

In buying fresh greens, look for leaves that are deep green in color, no brown or yellowing leaves. Choose leaves that are firm not or limp. Avoid leaves with insect damage or worm holes in them or at least very few. You will think that you have enough greens to feed an army when you start, Greens cook down to less than half their original volume, so be sure to buy enough.

PICKING GREENS

Greens should be at least 3 inches in height to be picked. Do not pick the bottom leaves, as these tend to be bitter and extremely dirty. Some people pull the whole green up and twist off the roots, others pinch off just the green leaves. For a family of four, a large brown paper sack full of greens should be picked.

CLEANING GREENS

It's essential to clean greens, they are generally loaded with sandy grit. If you have a large amount you can use any clean container and wash them outside. A clean laundry room sink is also a good idea if you have one. For the kitchen sink, fill both sinks with cold tap water. Put half the greens in one sink and submerge up and down to get off all the sand and bugs. Let them set in the sink in water a few minutes to soak any dirt off. Don't crowd the greens, wash in batches if needed. Transfer to the other sink. Wash the other sink out well to clean, then refill with water and ¼

cup salt and repeat the cleaning process. Do this a third time! If greens are dirty, a fourth and fifth washing may be necessary.

washing large amounts of GREENS

If you a huge amount of green to prepare you can actually put them in the washing machine. Rinse out the washing machine, make sure there is no soap residue remaining. Set on the delicate cycle with cold water (no soap!) and let them swish around for 2-4 minutes, but don't let them spin. Drain the water and then do a single rinse in cold water. Pull greens out of the water and drain well.

PREPARING GREENS

There are several ways to get your green ready to cook. You can pull the green leafy part off the tough stems and tear into large pieces with your hands. Discard the tough stem. Another way to prepare greens is to pare away, or cut out the thick stem, stack 3-4 leaves flat on top of one another, roll them up tightly, cigar fashion, and slice across the roll to shred them nicely.

Cooks note: the frugal cook will save the discarded bits to use for stock.

SEASONING GREENS

Cook with leftover cooked ham, hambone, smoked ham hocks, bacon pieces, fatback or salt pork, bacon drippings or other bits of pork, or lard and salt. Chicken stock also adds good flavors. If you don't have leftovers available precook the pork and use the liquid for the greens. Minced onions and garlic are good too. After cooking, season greens with salt and peppers, plain or flavored vinegars, hot sauce, hot peppers , or butter.

TIMING CHART FOR GREENS

You may use a rack or steamer basket to steam greens above the water, or for more flavor cook them in a broth. For best results use the cold water release method to stop the cooking and serve immediately. If you have a small pressure cooker, you may have to cook in batches, greens are bulky and the volume will reduce by at least half.

VEGETABLE NAME	COOKING TIME	MINIMAL WATER
Beet greens, coarsely chopped	1 to 4 minutes	1/2 cup
Broccoli rabi or raab, rapini, rape	1 to 2 minutes	1/2 cup
Collard greens, coarsely chopped	5 minutes	1 cup
Dandelion greens, whole or chopped	3 minutes	1/2 cup
Kale, coarsely chopped	4 minutes	1/2 cup
Kohlrabi, coarsely chopped	5 minutes	3/4 cup
Mustard greens, coarsely chopped	3 to 4 minutes	3/4 cup
Radish greens, whole or chopped	1 to 2 minutes	1/2 cup
Spinach, fresh, whole leaves	1 minutes	1/2 cup
Swiss chard, coarsely chopped	3 to 5 minutes	3/4 cup
Turnip greens, coarsely chopped	4 minutes	1 cup

CREAMED TURNIP GREENS

1 ½ lb turnip greens
 1 tablespoon butter
 ½ cup minced onions
 1 cup broth or stock of your choice
 1 tablespoon flour
 ½ cup milk
 ¼ cup heavy cream
 Salt and pepper to taste
 Clean greens thoroughly and prepare the leaves as you like. Place greens and stock in the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 4 minutes. Use the quick or cold water release method to drop the pressure and open the lid. Drain the

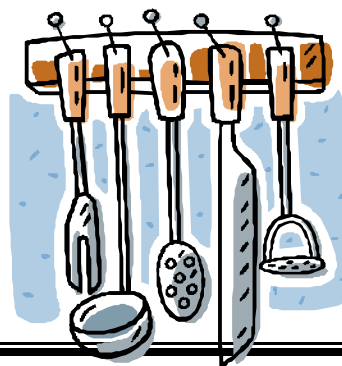
greens well, reserving the broth. Melt butter in skillet and sauté onions until slightly softened. Sprinkle in flour and stir 2 minutes. Add milk and ¼ cup cream; bring to a simmer, stirring on lowest heat. Add small amounts of reserved broth until you have the desired flavor and consistency, about 5-10 minutes. Adjust seasoning and add the greens, season and serve.
Cooks Note: Substitute spinach or other greens for a new recipe.

COLLARD CORN CASSEROLE

1-tablespoon olive oil
2 lbs. collard greens, 1 clove garlic, minced
1 onion, diced
2 cups water
4 cups milk
1 cup fresh or frozen corn kernels
1 1/3 cups yellow cornmeal
1 large egg, lightly beaten
1 cup shredded extra-sharp cheddar cheese
1 tablespoon chopped fresh sage
1/2 teaspoon hot pepper sauce or to taste
1/4 teaspoon grated nutmeg
Clean greens thoroughly and prepare the leaves as you like. Heat oil in pressure cooker and add collard greens stirring until coated then transfer greens to plate and set aside. Sauté onion and garlic until clear then set aside. Place rack in the cooker and add water to cooker. In a saucepan add milk and bring to a boil. Reduce heat to medium-low and slowly whisk in cornmeal. Cook, stirring well to break up any lumps, add the corn kernels. Add eggs and continue stirring, add in cheese, sage, hot pepper sauce, nutmeg and reserved collard greens. Use two lengths of double folded strips of aluminum foil under the dish to help remove it after it cooks. Place a buttered casserole dish on the rack inside the pressure cooker and pour or ladle corn mixture into the dish. You can also use ramekins or individual quiche pans for this Cover dish with aluminum foil. Lock lid in place. Over high heat, bring cooker up to pressure. Reduce heat to just enough to maintain pressure and the pressure regulator rocks gently; cook for 8 minutes. Let pressure drop naturally before removing lid. Carefully remove casserole dish. Serve immediately. Makes 8 servings.

SOUTHERN COLLARD GREENS IN POT LIKKER

5 lbs. collard greens cut up
6 cups ham hock liquid
2 meaty smoked ham hocks or neck bones
salt to taste
freshly ground pepper to taste
1/4 teaspoon red pepper flakes
1 teaspoon sugar
Put ham hocks in large pressure cooker with 6 cups of water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 40 minutes. Let pressure drop of its own accord before opening the lid. Remove ham from liquid and when cool pick the meat off the bones and return to pot. Meanwhile, clean greens thoroughly and prepare the leaves as you like. Add the leaves to the pot and push down into the pot likker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure before opening the lid. Serve with hot pepper sauce (peppers in vinegar), and hot buttered cornbread.
Cooks Note: Frugal cooks will save the hambones to flavor a pot of beans.



POLENTA AND SWISS CHARD

2 tablespoons of butter
1 medium onion, peeled and chopped
3 cups water
½ teaspoon salt
1 cup polenta
5 stalks Swiss chard, coarsely chopped,
½ cup grated Parmesan cheese
2-3 tablespoons tomato paste
½ cup grated Gruyere cheese
Heat butter and sauté onion until transparent. Add water and salt, bring to a boil. Add polenta, stir well. Add Swiss chard, stirring continuously. When contents boil, close lid and reduce heat. Lock the lid in place and bring to pressure over high heat. When low (10psi) pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove from heat and use the quick or cold water release method to drop the pressure before opening the lid. Transfer polenta to an ovenproof serving dish. Stir in grated Parmesan cheese. Evenly spread tomato paste over the top of the cooked polenta. Sprinkle with Gruyere cheese and bake in a 375 degree oven until cheese is melted. Slice and serve hot.

KALE AND POTATO RISOTTO

2 tablespoon olive oil
2 tablespoon butter
2 small onions; chop
2 Boiling potatoes w/skin; cut ½” chunks 1
Large bunch kale
2 cups Arborio rice
½ cup white wine
4 1/2 cup chicken stock
; Heat to boiling 1.00 cup Parmigiano-Reggiano cheese
Salt and pepper Italian parsley; chop
In pressure cooker heat oil and butter. Add onions, potatoes and kale. Sauté over

medium-high heat until kale wilts some and onions give off aroma. Add rice to warm potato-kale mixture and stir briefly, until rice turns opaque, about 1 minute. Add wine and stir until evaporated. Add boiling stock, close pressure cooker and bring up to pressure. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Stir risotto, taste and, if necessary, cook further to desired consistency. Garnish with ¾ cup cheese and parsley. Adjust seasonings to taste.

GREENS IN HAM HOCK GRAVY

½ cup vegetable oil
½ cup bleached all-purpose flour
2 cup thinly sliced yellow onions
1/2 cup chopped celery
½ teaspoon salt
¼ teaspoon cayenne
4 bay leaves
2 tablespoon chopped garlic
8 cup chicken stock
3 lb smoked ham hocks
2 bunches collards and mustard greens. In the pressure cooker, add the onions, celery, salt, cayenne, bay leaves, and garlic, stock and ham hocks. Cover with water. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 45 minutes. Let pressure drop of its own accord before opening the lid. Remove meat from bones and return to pot. Add the cleaned and prepared greens. Return to pressure and cook 12 minutes. Use a cold water release. Remove the bay leaves. Combine the oil and flour in a skillet, cook over medium heat, stirring constantly, to make a blond roux, about 8 minutes. Stir into the broth, simmering gently as it thickens and serve warm.