



Served
with
Love

with
Chef Jared

Ingredient List & Recipe

Episode 9 | 7/22/2020

Caldo Verde and Arugula and Fennel Salad

Caldo Verde Ingredients

- 1 pound Tuscan Kale, chiffonade
- 6 links jerk chicken sausage, ¼ inch sliced half-moons
- 1 large onion, small diced, 1 cup
- 2 carrots, small dice, ½ cup
- 2 lbs potatoes, peeled, medium dice
- 3 quarts chicken stock
- 4 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper, to taste

Procedure

1. Heat 12 quart soup pot over medium heat. When hot, add sausage and begin to brown, stirring occasionally until sausage had good color on all sides.
2. Add celery, carrots, and onions. Sauté all ingredients together for 3-4 minutes. Add garlic. Cook for 2 minutes more.
3. Add potatoes and chicken stock. Season with salt and pepper and turn up the heat to high. Bring to a boil. Then turn down to simmer. Let simmer for 15 minutes or until potatoes are soft.
4. Whisk hot soup vigorously to gently break up potatoes.
5. Stir in kale, cover soup, and let simmer for 5 more minutes or until kale is tender and jade green. Taste and re-season with salt and pepper. Serve with favorite crusty bread.

Yield: 6 servings

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Aurugula and Fennel Salad Ingredients

- 1 pound baby arugula
- 1 navel orange, segmented, reserve juice
- ½ cup fennel, thinly sliced
- ¼ cup walnuts, toasted and chopped
- 1 tsp Dijon mustard
- 1 tbsp honey
- ¼ cup extra virgin olive oil
- Splash of rice vinegar
- Salt and pepper, to taste

Procedure

1. Peel orange for segments- trim a little off the top and bottom of the orange so it is flat on both sides. This way, the orange wont roll when peeling. Using a paring knife, peel the orange in strips from top to bottom. Go just beneath the peel to expose the segment.
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 3. Using a fine mesh strainer or a bowl, segment the orange by holding it in 1 hand and making v-shaped cuts from the outside in to remove each segment. Place orange segments in a separate bowl but allow the juice to run through the strainer. We will use the reserved juice for the salad dressing.
 4. Make dressing. In a bowl, mix together reserved orange juice, splash of rice vinegar, Dijon mustard, and honey with a pinch of salt and pepper. Slowly whisk in oil to emulsify. Taste and re-season if necessary
 5. Place sliced fennel into bowl with dressing and stir to coat,
 6. Plate up. Place a bed of arugula on the plate or bowl. Top with several orange segments. Spoon dressed fennel over arugula and orange segments. Add more dressing if desired. Top with roasted walnuts and serve.
- Yield: 4 servings
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