

Sous Vide Kale

Ingredients

- Kale, as needed
- Olive oil, as needed 🛒
- Salt, optional, as needed 🛒
- Balsamic vinegar, optional, as needed

Equipment

- Sous vide setup 🛒
- Sous vide bag(s) 🛒
- Chamber vacuum sealer (optional) 🛒

Timing

15 min

Yield

As much as you want!

1 **Heat water bath to 194 °F / 90 °C**

2 **Remove toughest part of stem from kale**

3 **Lightly toss with olive oil**

4 **Package, and cook 7 min**

Vacuum-seal in one layer, or place in a plastic ziplock-style bag. The leaves may overlap partially.

5 **Season and slice**

Season kale as desired (we like salt and a nice vinegar), cut into pieces, and serve.

To reserve, chill the unopened package in ice water, and then refrigerate.