



Kale Chips

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: curly leaf kale

Note: Use a clean tea towel to thoroughly dry the kale, as it will not become crisp if there's too much moisture on the leaves. Kids love patting the kale dry with tea towels!

SUGGESTIONS BY SEASON:

Don't use ingredients with a high moisture content to flavour your chips as this will dampen the kale and it will not become crisp (for example, use lemon zest instead of lemon juice). Some flavour suggestions that go well with crispy, baked kale include:

- smoked paprika
- crushed garlic
- lemon zest and pepper
- lime zest and crushed dried chilli.

EQUIPMENT:

metric measuring spoons
salad spinner
clean tea towels (for drying the kale)
baking paper
4 large baking trays
2 large bowls
tongs
serving bowls

INGREDIENTS:

2 large bunches of curly leaf kale, washed and dried in a salad spinner or with tea towels
2 tbsp extra virgin olive oil
½–1 tsp salt
1–2 tbsp flavouring of your choice (optional)

WHAT TO DO:

1. Preheat the oven to 140°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Line the baking trays with baking paper.
4. Break or tear the kale into chip-sized pieces. Distribute kale leaves evenly into two large bowls, add the olive oil and massage the oil into the leaves using your hands.
5. Sprinkle the kale with salt and flavouring (if using) and toss to combine.
6. Spread the kale over the prepared baking trays in a single layer, making sure the kale pieces are not overlapping.
7. Bake for 10 minutes, rotate trays and bake for a further 5–10 minutes, checking that the kale does not turn brown. The kale chips will look shrunken and bright green when ready – but may not be crisp yet.
8. Remove the chips from the oven at this stage and let cool for at least 3 minutes. They should become crisp in this time. If they're not, bake for another 5 minutes.