



THE EDIBLE SCHOOLYARD

A program of the Chez Panisse Foundation

Edible Schoolyard N'Dole

Greens simmered in coconut milk

INGREDIENTS

- 1 14-ounce can coconut milk
- 1 medium onion, peeled and chopped
- 6 to 8 cloves garlic, peeled and minced
- 2 tablespoons peeled and minced fresh ginger
- ½ teaspoon red chili flakes or more to taste
- 2 large bunches greens, washed, destemmed and torn into medium sized pieces, (collard greens are especially good for this recipe)
- Salt and pepper

METHOD

In a large, heavy bottomed pot, heat ¼ cup of the coconut milk, (reserving the remaining) to a simmer. Add the onion, garlic, ginger and chili flakes, and sauté for 3 minutes. Add the greens and remaining coconut milk, stirring to coat the greens. Cover and simmer until the greens are tender, approximately 10 minutes. Season with salt and pepper to taste. Serve with brown basmati rice.

NOTES

N'dole is wonderful served over brown rice; choose brown basmati rice for a deep nutty flavor and chewy texture. We use a peanut-free version of traditional African n'dole, as some students may be allergic to peanuts. Nevertheless the creamy, slightly spicy sauce makes this a very appealing way to get students to love greens! One seventh grade teacher even dubbed this "Rainy Day African Lunch," because when served with brown rice and fried plantains, it is a perfect comfort food.

