

## **CREAMED KALE OR LEEKS**

*Mary Margaret McBride Cookbook*

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### **Kale**

Wash 1 lb of kale thoroughly. Remove heavy stems from the leaves. For 1 lb of kale add 1 cup of water and  $\frac{1}{2}$  tsp of salt. Cover and cook for 15-20 minutes. Drain and chop. Add  $\frac{3}{4}$ -1 cup of medium white sauce (see recipe below) to well drained kale.

\*After the kale is drained and chopped, you could just add 2 tbsp butter or margarine. Or you could add lemon juice to the chopped kale. Mix well. Sprinkle the top with hard cooked eggs.

### **Leeks**

2 bunches will serve 4

Cut off green tops to within 2-3" of the white part, remove the root end. Wash. Cook as is, or slice in 1" pieces. Cook covered in boiling salted water until just tender, approximately 15 minutes. Drain. Serve hot, seasoned with pepper and melted butter or margarine. Or add 1 cup of medium white sauce and mix well.

### **WHITE SAUCE**

2 Tbsp butter or margarine  
2 Tbsp flour  
 $\frac{1}{4}$  tsp salt  
1 cup milk

Here are 2 methods of cooking the white sauce.

Method 1: In a saucepan melt the butter or margarine. Remove from heat and add the flour and salt. Stir until smooth.

Add the milk gradually, stirring constantly over low heat until mixture thickens.

Method 2: In a microwave safe bowl combine milk, flour and salt. Stir until well flour is well incorporated. Add butter or margarine. Microwave on high for 3 minutes. Remove and stir until smooth. Return to oven and microwave for another 3-4 minutes or until thickened. Remove and stir until smooth.