



Kale Crisps

Recipe Source: Dimitra Alfred, Kitchen Specialist, Stanmore Public School

From the Garden: kale, thyme

Equipment	Ingredients
Large baking trays lined with baking paper	¼ teaspoon rock salt
Two large cooling racks	6 sprigs fresh thyme
Two dry tea towels	Freshly ground black pepper
Oven mitts	4 large or 6 small stems fresh kale, tough stem trimmed & each leaf cut or torn into half
Mortar and pestle	2 teaspoons olive oil
1 teaspoon measure	
¼ metric teaspoon measure	
Pastry brush	

1. Preheat the oven to 140C fan forced. Set up the cooling racks and two dry tea towels on the bench near the oven.
2. Measure the salt into the mortar and pestle.
3. Add the fresh thyme leaves and a few grinds of pepper.
4. Use the pestle to pound into a powder.
5. To first prepare the kale, make sure it is completely dry. If necessary, pat dry with a tea towel.
6. Place kale onto the baking trays.
7. Use the pastry brushes to brush seasoning all over and on both sides of the kale.
8. Spread the kale out onto the trays, making sure each leaf of kale is separate and not touching.

Work in pairs, one person wearing oven mitts, the other in charge of the oven:

9. **Wearing oven mitts on both hands**, carefully slide the trays into the preheated oven and bake for 10 minutes.
10. **Wearing oven mitts**, swap the trays and use tongs to turn the kale if it is drying unevenly. Bake for a further 5-10 minutes, checking that the kale does not turn brown. The kale chips will look crisp, shrunken and bright green when ready.
11. Remove trays from the oven and place onto cooling racks to cool. Drape a dry tea towel over the outer edge of the tray (to prevent any accidental burns).