

Southern Collard Greens

From the kitchen of Dr. Sara Jean Barrett



Ingredients

1 or 2 bunches of collards washed and
chopped into bite sized pieces
chicken or vegetable stock
white vinegar

salt
cayenne pepper
(optional) chopped smoked turkey

Method

1. Place chopped collards into a Dutch oven or deep pan for braising
2. Pour enough stock into the pot to fill about 1/4-1/2" deep
3. Sprinkle with cayenne as desired
4. Increase heat to med-high until stock comes to a boil
5. Turn heat to a simmer and cover
6. Let cook for about 30 minutes while stirring occasionally. Collards should be a dark green color and soft.
7. Turn off the heat then splash collards with a couple of tablespoons of vinegar. Enough to give them a slight bite.
8. Season with salt as desired.
9. (optional) Add some chopped smoked turkey at the end to add some more depth and flavor.