

## **BRAISED BRACIA GREENS WITH GARLIC**

1 large basket of leaves... savoy cabbage, Russian kale, Brussles sprouts leaves

3 spring onions, sliced

2 cloves garlic, peeled and minced fine

Salt and pepper

Prepare the leaves by removing hard stems with hands (kale are soft, brussles are hard)

Wash the leaves well and check for sneaky critters

Spin gently to dry.

Chop the leaves roughly before starting to cook.

Choose a large wok or pan and add a little oil.

Cook garlic without browning and add spring onion.

Cook leaves only lighty to prevent bitterness, they should be served bright green and just tender.

Serve 1 platter per table with tongs.