

Collards, Burdock Root, and Shiitake (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

In this recipe the collard greens are shredded very fine, both for quick cooking and for aesthetic reasons. They look nice this way with the julienned carrots and burdock root. Light textures, hearty flavors.

Burdock Root: Burdock is a brown-skinned root vegetable shaped somewhat like a long, slender carrot. It has an earthy, mellow flavor and is known in herbal tradition to increase vitality and cleanse the blood. Peel or scrub the rough outer skin and slice, dice, or julienne for use in soups, stems, or sautéed vegetables.

Serves 4

2 tsp unsalted butter or light sesame oil

4-6 fresh shiitake mushrooms, stemmed and cut into thin strips

1 burdock root

2 carrots

1 ½ cups water

2 tsp tamari

1 tsp toasted (dark) sesame oil

4 cups very finely shredded collard greens that have been washed and stemmed

1 Tbsp toasted sesame seeds

In a large skillet over medium-high heat, heat 1 tsp of the butter or oil. Add the shiitake mushrooms and cook for 2 minutes or brown lightly. Remove from pan and set aside.

Peel burdock root. Cut root on a sharp diagonal into very thin oval slices. Stack 2-3 slices and cut into 1/8-inch wide matchsticks. Repeat process with carrots.

Heat remaining 1 tsp butter or oil in the skillet and add the burdock. Stir to coat all pieces, cooking for about 1 minute to brown lightly and release the flavor. Add the water and bring to a boil. Reduce heat to a simmer, cover, and cook for 10 minutes.

Add carrots and mushrooms and cook for 3 minutes, uncovered. Season with the tamari and toasted sesame oil.

Stir in the shredded greens and cook, covered, for 7-9 minutes until the greens are tender. Serve hot, garnished with the toasted sesame seeds.