

Kale, Artichoke & Cashew Dip

Ingredients

2 cups cashews, soaked 30-40 minutes
2 tablespoons olive or avocado oil
1 shallot, minced
2 garlic cloves, minced
¼ cup capers
1 cup artichoke hearts, chopped
2 cups kale, chopped
¼ cup parsley, chopped
½ cup water
1 lemon, juice, and zest
Salt and pepper, to taste
Edible flowers, to garnish

Method

1. Heat up a pan and pour some oil, sauté the shallots, garlic, capers, and artichoke hearts. Add the chopped kale, parsley, salt, and pepper and remove from the heat. Allow to cool to room temperature.
2. Remove the water from the soaked cashews and blend with ½ cup water until having a creamy and smooth texture. You can add more water if needed, just be careful to keep a thick consistency.
3. Pour the cashew cream in a bowl and combine with the kale and artichoke sofrito, season with lemon juice and zest and rectify the seasoning. Add more salt and pepper if needed.
4. Place the dip in a bowl and reserve in the refrigerator until ready to serve. You can garnish with edible flowers or kale chips.

¡Buen Provecho!

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