



Creamy White Bean and Kale Risotto-Style Stew

Ingredients

Serves 4

3¼ cups [700 ml]	vegetable stock
2 tbsp [30 ml]	olive oil
1	large onion, finely chopped
3	cloves garlic, finely chopped
1	celery stalk, finely chopped
1	brunch kale, washed, stemmed and roughly chopped
2 x 19oz [2 x 540 ml]	cans cannellini beans, drained and rinsed
¼ cup [60 ml]	mascarpone cheese
½ cup [125 ml]	parmigiano-reggiano cheese, freshly grated
1	lemon, juice (for recipe) and zest (to serve)
1 tsp [5 ml]	dried thyme, or 2 tsp [10 ml] fresh thyme leaves



To serve (all optional)

flaky sea salt
red pepper flakes
parmigiano-reggiano cheese
best quality extra-virgin olive oil
celery leaves, roughly chopped (optional)

Method

In a small pot over medium-high heat, bring the vegetable stock to a simmer, then keep hot over low heat.

In a large, heavy-bottomed skillet, heat the olive oil over medium heat. Add the onion, garlic, celery and dried thyme (if using fresh, add at the end) and cook slowly, without browning, for about 5 minutes (lower the heat if needed). Add 1 cup [250 ml] broth and simmer over medium-high heat, stirring until the liquid has almost completely evaporated. Add the chopped kale: at first, it'll look like a mountain in the pan, but it will quickly wilt down. Cook for 3 minutes, stirring frequently. Add the cannellini beans and the rest of the broth. Simmer for about 8 minutes more, until the broth cooks down a little and the stew is loose and creamy. Remove from the heat. Stir in the mascarpone, parmigiano-reggiano, lemon juice and thyme.

To serve, divide into warm serving bowls. Drizzle with olive oil, then sprinkle with a little bit flaky sea salt, red pepper flakes and lemon zest. Grate a little more parmigiano-reggiano over each bowl, if desired, then finish with celery leaves for a bright green and fresh touch. Serve immediately.

Recipe Credit: Inspired by two recipes: the first from the Green Kitchen stories iPad app, the second from A Sweet Spoonful.

Photo Credit: Marie Asselin

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