

Chickpea, Cavolo Nero + Tomato Stew

Phoebe Cole-Smith

serves 4-6

1 lb dried chickpeas, soaked overnight, and cooked as desired
1 teaspoon cumin seeds, toasted until fragrant, cooled and finely ground
1/2 coriander seeds, toasted until fragrant, cooled and finely ground
1/3 cup good olive oil
2 carrots, sliced
2 onions, roughly chopped
4 garlic cloves, finely chopped
salt and freshly ground pepper to taste
1/2 tsp ground turmeric
1 tsp smoked paprika
1/4 tsp dried chile flakes
3 fresh thyme sprig.
5 fresh plum tomatoes if in season (or 5 canned plum tomatoes), roughly chopped
1 cup dry white wine
1 large bunch Cavolo Nero (Tuscan Kale), leaves stripped from the stems and sliced
4 cups vegetable stock, or water
1 1/2 teaspoons red wine vinegar

warm the olive oil over medium-high heat in a dutch oven or stockpot for a minute or two. add the onion, carrot and garlic, cooking until the vegetables are soft and beginning to brown, 4-5 minutes. season with salt and pepper.

add the ground spices, dried chile flakes and fresh thyme and continue cooking for 2-3 minutes. add the tomatoes, stirring frequently until the tomatoes are broken down, most of their liquid has evaporated and they are just beginning to brown. add the wine, stirring to scrape up any brown bits on the bottom of the pot, and boil until reduced by about half. remove the thyme sprigs, add the stock or water and return to a simmer.

place a ladleful of the stew base and a couple of large spoonfuls of the cooked chickpeas into the bowl of a food processor, processing until smooth. add a little more of the stew base if necessary. return the puree to the pot, add the

kale and continue to simmer until the kale is tender. add the rest of the cooked chick peas, remove from the heat, and let rest for 10 minutes or so. adjust seasoning, stir in the vinegar. serve warm or at room temperature. delicious served with a plop of the garlicky spiced yogurt in my earlier recipe.