

Dr. Holly Fong is a practising speech-language pathologist with three young children who's always trying, adapting and creating dishes.



harvest greens

Yes, kale is still the "it" ingredient

LINGUINE WITH BABY KALE AND ITALIAN FENNEL SAUSAGE

(SERVES 4–5)

Linguine with baby kale and italian fennel sausage

- 1 package of linguine (375g)
- 500g package of mild Italian sausage with fennel
- 1 large box of prewashed baby kale (454g), roughly cut into strips
- 2 cloves of garlic, peeled, end trimmed and sliced
- 2 tablespoons extra virgin olive oil
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons finely chopped fresh chives
- 3 tablespoons salt
- Salt and fresh ground pepper to taste

Bring about 7–8 litres of water to a boil in a large pasta pot.

Cut the sausage on the diagonal into one-inch slices. In a large soup pot or Dutch oven, heat the olive oil over medium-high heat. When the oil is shimmering, swirl to coat the pan before adding the sausages to brown, until no pink remains, approximately 10 minutes. Add the garlic and cook until soft for about 4 minutes. Add the sliced kale, stirring to combine. Reduce heat to medium and cover for 4–5 minutes. Remove lid and set aside.

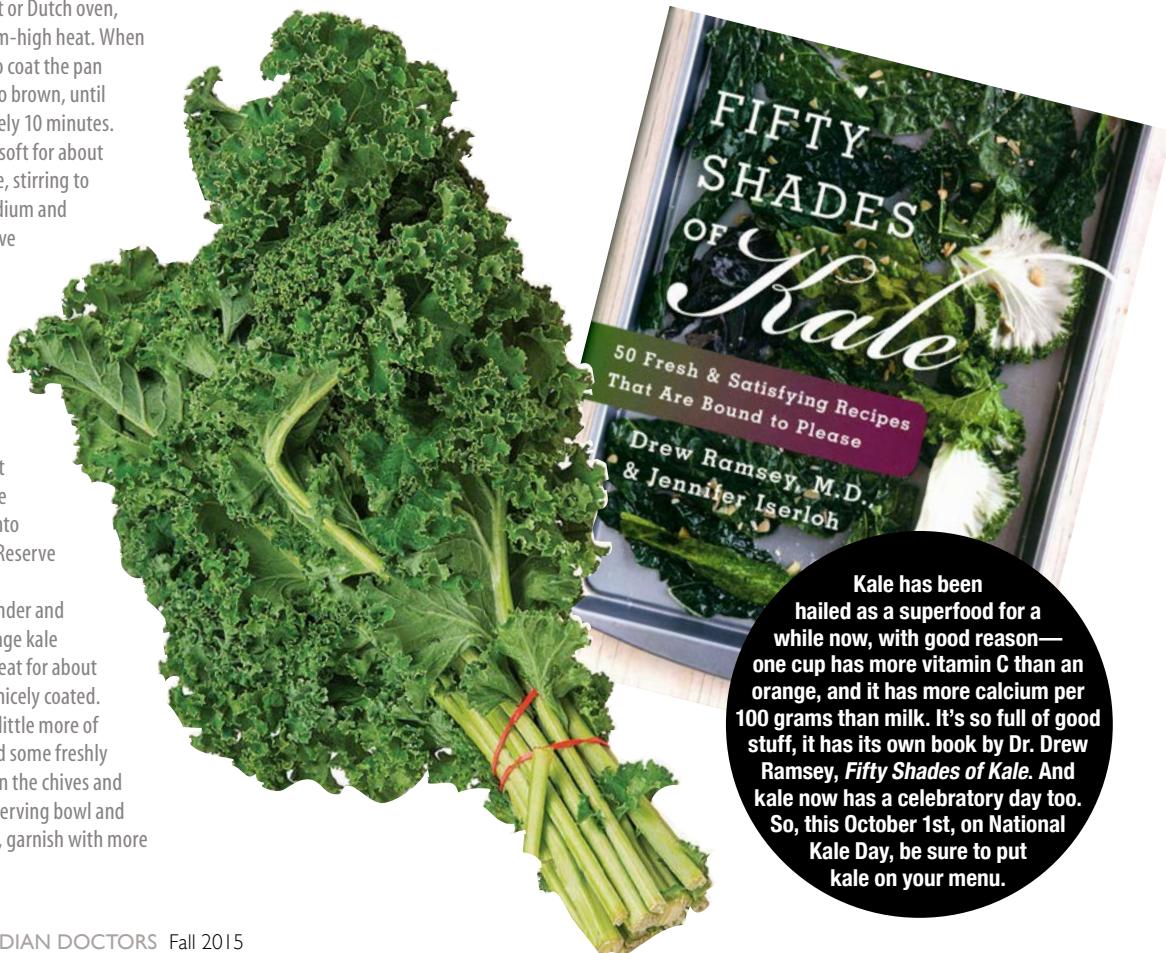
Once the pasta water is boiling add the 3 tablespoons of salt. Drop the linguine into the water and cook for a minute less than the package instructions. Just before the pasta is done, ladle ½ cup of the cooking water into the pan containing the kale. Reserve another ½ cup and set aside.

Drain the pasta in a colander and immediately add to the sausage kale mixture. Toss over medium heat for about 30 seconds until the pasta is nicely coated. If the pasta seems dry, add a little more of the reserved pasta water. Add some freshly ground pepper to taste. Mix in the chives and cheese. Pour into a warmed serving bowl and serve immediately. If desired, garnish with more cheese. Enjoy.

My family loves pasta in any shape and way. And I love making homemade pasta sauces, but I'd rather not spend a lot of time preparing them. Sure, pesto is easy, but it's also almost too simple, and I feel compelled to make an elaborate salad or side dish to accompany it. My ultimate goal is a one-dish, one-pot meal that's tasty and low maintenance. For this, I try to combine a strongly flavoured protein such as bacon or Italian fennel sausage with a slightly bitter kale or arugula. And if I use baby kale or arugula that's pre-washed, all I need to do is roughly cut up these greens before adding to the mix. Then I grate some fresh Parmesan before serving and I've satisfied my family's pasta cravings with a dish that's not only tasty but healthy as well.

And, since we're still in the last bit of Indian-summer warmth, my wine pick for accompanying this pasta is a dry white with some acidity and minerality that counterbalances the fattiness of the meat—like the Tohu 2013 single-vineyard Marlborough Sauvignon Blanc. This wine has hints of passion fruit and lemongrass along with grassy herbaceous notes that pair well with the fennel in the sausage. The wine's bright acid and strong minerality are well-balanced, creating a long, dry finish. Perfect for a last warm-weather hurrah and dinner on the deck. ●

Keep summer going as long as you can with the Tohu 2013 single-vineyard Marlborough Sauvignon Blanc. Hints of passion fruit and lemongrass and grassy herbaceous notes are a sunny balance to the strong flavours of fennel sausage and kale.



Kale has been hailed as a superfood for a while now, with good reason—one cup has more vitamin C than an orange, and it has more calcium per 100 grams than milk. It's so full of good stuff, it has its own book by Dr. Drew Ramsey, *Fifty Shades of Kale*. And kale now has a celebratory day too. So, this October 1st, on National Kale Day, be sure to put kale on your menu.