

# Oat Sausage and Kale Stack



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## ingredients

### *Oats Sausage*

- 2 c water
- 1 ½ c Quaker Old-Fashioned Oats
- 2 tbsp low-sodium tamari
- 1 tbsp onion powder
- 2 tsp rubbed sage
- 1 tsp fennel seeds
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 clove garlic, very finely chopped or grated on a microplane (reserve the papery peel for vegetable stock)
- ¼ tsp red pepper flakes, or to taste
- ¼ tsp coarse kosher salt or semi-coarse sea salt
- ¼ tsp freshly ground black pepper

### *Pickled Carrots and Stock*

- 2 carrots
- 2 slice ginger, smashed
- ¼ c apple cider vinegar
- 1 tsp brown sugar
- 1 tsp coarse kosher salt

### *For the Kale*

- 1 bunch curly leaf kale
- 1 tbsp olive oil, plus more for plating, optional
- 1 sweet onion
- 1 Asian pear
- Coarse kosher salt and freshly ground black pepper

### *For the Avocado Mash*

- 2 avocados
- 1 tsp reserved pickling liquid
- Coarse kosher salt and freshly ground black pepper

## instructions

1. Heat the oven to 350°F. Line a rimmed baking sheet with a nonstick silicone baking mat. Set aside. Combine the water, oats, tamari, onion powder, sage, fennel, thyme, oregano, garlic, red pepper flakes, salt, and pepper in a medium saucepan. Stir to combine. Bring to a boil over medium high heat and cook, stirring constantly, until thickened, 3 to 5 minutes. Remove from the heat and set aside for 5 minutes.
2. To dry and cook the oats: evenly spread the oats mixture onto the prepared baking sheet as thin as possible. (It should cover most of the silpat.) Transfer to the oven and cook for 10 minutes. Remove from the oven. Using a spatula, cut lines into the oat mash for the steam to escape. Return to oven for an additional 10 minutes. Repeat with spatula, moving the mixture about the pan. The oat mash will darken and start to dry. Return to the oven for an additional 10 minutes. Repeat with the spatula, moving and turning the mash so that it starts to form large crumbles. Return to the oven until dry, an additional 10 to 15 minutes. (The oats cook for 30 to 35 minutes total.) Keep warm.
3. Meanwhile, peel the carrots, reserving the peels for a quick stock. Slice the onion for the kale, reserving the skins for the stock. Lastly, peel the pear for the kale, reserving the skin for the stock. Slice the pear into julienne and set aside for the kale.
4. For the stock: Combine the reserved garlic skin, carrot peelings, onion skins, and pear peelings in a small pot. Top with 1 cup water. Bring to a boil over medium high heat. Reduce heat to simmer, about 5 minutes.
5. For the pickle: Slice the peeled carrots into julienne. Set aside. Combine ¼ cup of the stock, apple cider vinegar, ginger, sugar, and salt in a small pot. Bring to a boil over high heat. Reduce the heat to simmer and cook on low heat for the flavors to blend, about 5 minutes. Add the reserved carrot julienne. Set aside to pickle, about 5 minutes. Reserve the pickling liquid for the Avocado Mash and to drizzle on the plate.
6. To prepare the kale: Wash the kale and remove the tough center stems. Finely chop the leaves and set aside. Align the tough center stems of the kale and slice very thinly, about 1/8<sup>th</sup> inch thick. Set aside. Heat the oil in a large skillet over medium high heat. Add the reserved sliced onion and thinly sliced kale stems. Cook until the onions are starting to color, about 3 minutes. Add the pear julienne and the chopped kale. Season with salt and pepper. Add ¼ cup of the stock to the kale and stir to combine. Partially cover and reduce the heat to simmer. Cook until the kale is tender and most of the liquid has cooked off, 3 to 5 minutes. Taste and adjust for seasoning with salt and pepper. Set aside and keep warm.
7. Peel the avocado and place in a bowl. Add 1 teaspoon of the pickling liquid and stir to combine. Season with salt and pepper. Set aside.
8. To assemble the stacks: Spray a 3-inch ring mold (or clean 15 ounce can open at both ends) with nonstick spray. Place the greased mold on a warmed plate. Place ½ cup of the kale inside the mold. Using the back of a spoon, press the kale until compressed and firm. Top with ½ cup of the reserved Oats Sausage, once again, pressing to compress the stack. Top with ¼ cup of the reserved Avocado Mash. Carefully remove the ring mold. Using a slotted spoon, remove the quick pickled carrots from the pickling liquid. Garnish the top of the stack with about 1 tablespoon of the pickled carrots. Drizzle some of the pickling liquid around the plate along with a bit of optional extra virgin olive oil. Repeat with remaining ingredients and serve immediately.