

Kale Sambol

by Mary Anne Mohanraj, featured in *A Feast of Serendib: Recipes from Sri Lanka*



I had never been a big kale fan, but my friend, Roshani, completely converted me with her Aunty Indranee's use of kale in this traditional sambol. In Sri Lanka, this would have been made with a native green, gotu kola, but kale is an excellent substitute (you can also try any other leafy greens, mustard greens, or rainbow chard).

For this preparation, kale is chopped small and tenderized with lime juice. When mixed with the coconut, tomatoes, sugar, and salt, the result is a tasty and addictive sambol that has an essential component to many of our meals—if I make a meat curry now, I almost always make kale sambol to accompany it, and will often eat more sambol than curry. I'd have it with a little rice, but my partner Kevin likes to just have beef curry and kale sambol together in a bowl, or with steak on a plate, which is also delicious.

Ingredients

- 1 bunch kale, leaves stripped off (stems discarded)
- 1 medium onion, minced
- 1 cup shredded unsweetened coconut
- 1-2 cups cherry tomatoes, chopped
- Juice of 2 small limes (about 2-3 tablespoons)
- 1-2 tablespoons of sugar
- 1 teaspoon of fine salt

Process

1. Pulse kale in food processor until completely shredded into small bits.
2. Add onion, coconut, tomato, lime juice, sugar, and salt. Mix thoroughly.
3. Can be served immediately, but best if allowed to sit and blend for an hour. Will keep in the fridge for a week—refresh with a little extra lime juice as needed.