

# THE RELUCTANT TRADING EXPERIMENT

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## **Kale Salad with Liquid Gold Dressing and Golden Croutons**

by Sarah Marshall for ReluctantTrading.com



### **Golden Croutons Ingredients**

- 1/4 cup melted coconut oil
- 1 teaspoon Reluctant Trading [Golden Turmeric Powder](#)
- 1 teaspoon Reluctant Trading [Icelandic Flake Sea Salt](#)
- 4 cups hand-torn bread

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## Golden Croutons Preparation

### Step 1

Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper.

### Step 2

Whisk together oil, turmeric and salt.

### Step 3

Pour mixture over bread and coat evenly (I use a gloved hand to really massage it into the bread).

### Step 4

Pour onto the baking sheet. Place baking sheet onto the center rack of the oven. Cook 10 minutes, stir every 10 minutes, until golden and crisp—about 20 minutes total. Let cool.

## Kale Salad with Liquid Gold Dressing Ingredients

- 2 large bunches kale (about 8 cups chopped)
- 2 medium cloves of garlic, peeled
- 1 teaspoon Reluctant Trading [Icelandic Sea Salt](#)
- 1 tablespoon Dijon mustard
- ½ teaspoon Reluctant Trading [Golden Turmeric Powder](#)
- ½ cup shredded Parmigiano-Reggiano cheese, divided
- 1 lemon, juiced and zested
- ¼ cup extra-virgin olive oil
- ½ cup golden croutons (recipe included - see above)
- ¼ cup Marcona almonds
- Reluctant Trading [Icelandic Sea Salt](#) and [Tellicherry Pepper](#) to taste

## Kale Salad with Liquid Gold Dressing Preparation

### Step 1

Wash the kale, and remove any large tough stalks. Stack a few leaves on top of one another and roll them tightly together. Chiffonade (very thinly slice) kale into ribbons. Place the kale into a large bowl.

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## **Step 2**

On a cutting board mince the garlic, add the salt and make a paste, by smashing the garlic back and forth with the knife. Transfer the garlic paste to a bowl. Add salt, mustard, turmeric, ¼ cup cheese, and lemon juice and zest. Begin whisking and slowly drizzle in olive oil, until combined.

## **Step 3**

Pour the dressing over the kale; toss well (I use my hands, wearing gloves). Let stand for 10 minutes in order for kale to soften.

## **Step 4**

Top with croutons, almonds and cheese. Season with Reluctant Trading Icelandic Flake Sea Salt and Black Ground Tellicherry Pepper to taste.

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## **Reluctant Resources Used in this Recipe**

- [Golden Turmeric Powder](#)
- [Icelandic Sea Salt](#)
- [Tellicherry Peppercorns](#)
- [100 Year Loom Tan Apron](#)
- [Corky Modern Glass Spice Jars](#)
- [Put a Lid on it Stoneware Salt Cellar](#)