

Kohlrabi

Kohlrabi is a great source of potassium & vitamin C and it is low in calories. It can be eaten raw or steamed or boiled and then served hot or cold.



Six easy ways to enjoy kohlrabi...

- ❖ Try kohlrabi raw, thinly sliced, alone or with a dip.
- ❖ Peel kohlrabi and eat it like an apple.
- ❖ Sauté grated kohlrabi in butter; add herbs or curry for enhance flavor.
- ❖ Mash cooked kohlrabi, mix with cooked potato, form into patties, and fry in butter.
- ❖ Steam kohlrabi whole 25-30 minutes or thinly sliced 5-10 minutes. Dress slices simply with oil, lemon juice, and fresh dill weed, or dip in flour and briefly fry.
- ❖ Add sliced, chopped or cubed kohlrabi to hearty soups, stews, or a mixed vegetable stir-fry.

Kohlrabi Slaw

3 medium kohlrabi, peeled, stems trimmed off, grated
1/3 cabbage, shredded or one small cabbage
2 carrots, grated
Radish to taste
1/2 onion, grated
1/4 cup golden raisins
1 tbsp sugar
1 tsp salt
1 tbsp cider vinegar
4 tbsp chopped cilantro
1/4 cup mayonnaise (or more, if you prefer)

Combine all ingredients in a bowl and mix well. Chill for several hours before serving.

Simple Sautéed Kohlrabi

1 pound kohlrabi, leaves included
2 Tablespoons butter
3 Tablespoons olive oil
1/8 Cup water
1 Tablespoon fresh lemon juice
Salt and pepper

Trim leaves from the bulbs, remove the stems, then pile the leaves on top of each other and roll them like a cigar. Shred the leaves in 1/4 inch slices across the roll. Set aside. Peel and cut the root end off the bulbs using a sharp paring knife. Then cut the bulbs into 1/8 inch slices, stack the slices and cut into 1/8 inch matchsticks (julienne strips). Put 1 Tablespoon each of the oil and butter in a frying pan over medium high heat. Add the leaves and toss to coat with the butter and oil. Add the water and sauté until the leaves are tender, but not mushy. Add the lemon juice, toss to incorporate, and then remove leaves to a serving dish and cover.

Return the pan to the heat, set at medium low and add the remaining butter and olive oil. When the butter has melted, add the kohlrabi sticks and stir and sauté until the kohlrabi is tender, and not too crunchy. Add salt and pepper to taste, pile on top of the leaves and serve immediately. Serves 2 - 3

Pasta Con Cavolo (Kohlrabi)

1 large kohlrabi bulb sliced plus the leaves chopped
2-3 cloves of garlic chopped
1/2 C. tomatoes chopped
Dash of peperoncino (hot red chili flakes)
2-3 TBSP extra virgin olive oil
Salt and pepper
1/2 lb. fettuccini pasta

In a big pot filled with salted water boil the kohlrabi leaves and slices of kohlrabi root until they are soft.

Meanwhile in a sauce pan, add a couple of TBSP of olive oil and sauté the garlic, peperoncino and tomatoes until it forms a nice thick consistency. Season with salt and pepper.

When the kohlrabi are soft, after about 15-20 minutes, add the pasta directly in the boiling pot of kohlrabi. Cook the pasta until al dente then drain and add everything back to the pot. Pour the tomato sauce over the kohlrabi and season with fresh pepper and more extra virgin olive oil.