

Kohlrabi

HOW TO CHOOSE AND STORE

Kohlrabi is an odd looking but versatile vegetable, with a taste and texture somewhere between cabbage and broccoli stems. Look for kohlrabi that have fresh, firm leaves, and even, undamaged skin. The color doesn't matter (white/purple); the inside flesh is the same color. To store: remove any leaves (store and use them as well), wash and dry the bulb and store in a plastic bag, or wrapped in a moist towel in a vegetable drawer in the fridge.



HOW TO USE AND EAT

Kohlrabi is great eaten raw when young and tender (a slightly crispy/spicy mix of radish and turnip), or sautéed, steamed, boiled, or roasted. Use it as a vegetable dish like you would turnip, or make into soups or stews. The leaves are also edible.

APPLE AND KOHLRABI SALAD

- 2 sm. kohlrabi, cut into ¼" short thin strips
- 1 large apple (honeycrisp or a sweet/tart crispy apple) cut into short thin strips
- 1/3 Cup grated gouda or other cheese (optional)
- 1/4 Cup fresh tarragon leaves
- 3 TBSP toasted sunflower seeds
- lemon zest (to taste)
- 1-2 TBSP lemon juice (to taste)
- 1-2 TBSP olive oil (to taste)
- Salt and Pepper (to taste)

Toss all ingredients together, adding more lemon juice and oil if salad seems dry.

HOW TO TOAST YOUR OWN SUNFLOWER

SEEDS: If the sunflower seeds you have are raw and unsalted, toast them in a small skillet over medium heat with a pinch of salt. Cook, stirring frequently, until they're turning lightly golden on the edges, about 5 minutes.

TARRAGON: this herb tastes like licorice; if you don't like the taste, try basil, dill, or marjoram. Or, if you don't have it, try anise or fennel.

ROASTED KOHLRABI

Peel and cut kohlrabi into bite size chunks, keep sizes similar.

Place into baking pan and toss with olive oil and salt. Bake in a 375-degree F oven (or hotter) for approximately 30 min

Turn and/or stir at intervals for even browning.

Make sure they are not too close together in the pan, or they will steam rather than roast.

GOAL: TO HAVE A CRISPY OUTSIDE AND A SOFT INTERIOR.

SAUTÉED KOHLRABI GREENS

-Kohlrabi greens from 4 kohlrabi bulbs

-1 TBSP olive oil and 1 TBSP butter

-½ medium red onion, diced

-3 cloves garlic, minced

-½ TBSP freshly squeezed lemon juice

Cut the kohlrabi leaves into 1" strips, and the stems into ¼" pieces. Heat olive oil and butter in a large skillet over medium-high heat. Add diced onion when the butter starts bubbling. Sauté for 5 mins, stirring occasionally. Add chopped stems and sauté for 3 mins. Add minced garlic, sauté 30 sec, stirring often. Add leaves and stir occasionally for 5-7 mins. Remove from heat and add lemon juice, salt, and pepper.