

Kohlrabi

The name comes from the German for "cabbage turnip." The bulb is actually an enlarged stem and not a root. As a remarkable source of vitamin C, kohlrabi helps your body absorb iron.



TIPS:

Storage: Chop greens off bulbs and store separately (see guidelines for storing greens in this handbook). Store the bulbs dry in the refrigerator for weeks.

General Cooking Info: Young kohlrabi is tender and can be eaten raw. More mature kohlrabi lends itself well to frying, sautéing, baking, and steaming. If you like to eat broccoli stalks, which many do, kohlrabi isn't far from that.

Growing info: We grow kohlrabi in the spring and the fall.

Common Problems: see kale



purple kohlrabi has a
light green flesh inside

Roasted Kohlrabi

4 kohlrabi bulbs, peeled
 1 tablespoon olive oil
 1 clove garlic, minced
 salt and pepper to taste
 1/3 cup grated Parmesan cheese

1. Preheat an oven to 450 degrees F (230 degrees C).
 2. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.
 3. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

from Allrecipes.com

Kohlrabi with white sauce

4 kohlrabi bulbs, peeled and cubed
 1/2 teaspoon salt
 2 tablespoons butter
 2 tablespoons all-purpose flour
 1 cup milk
 3 tablespoons cream
 1 teaspoon salt
 1 teaspoon ground nutmeg
 2 teaspoons white pepper
 1/2 bunch fresh parsley, chopped

1. Place the kohlrabi and 1/2 teaspoon salt in a saucepan. Cover with water, and bring to a boil over medium-high heat. Cook until kohlrabi can be pierced with a fork, but remains firm, about 5 minutes. Drain, reserving 1 cup of cooking water. Place kohlrabi in a bowl, and cover.

2. Place the butter into the same saucepan, and melt over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk and reserved cooking water from the kohlrabi into the flour mixture, stirring until thick and smooth. Stir in the cream, 1 teaspoon salt, nutmeg, white pepper, and parsley until well blended. Continue whisking until sauce thickens, then cook 10 minutes more. Stir in the kohlrabi, tossing to coat evenly with sauce.

from Allrecipes.com

German-Style Stuffed Kohlrabi

8 kohlrabies (about 5 pounds), bulbs peeled, stems discarded, and the leaves trimmed of tough center ribs
 1/2 cup finely chopped onion
 1 garlic clove, chopped fine
 1/2 stick (1/4 cup) unsalted butter
 1 pound ground pork
 1/2 cup cooked long-grain rice
 2 tablespoons finely chopped fresh parsley leaves plus additional for garnish if desired
 2 tablespoons sweet paprika
 1/4 teaspoon dried marjoram, crumbled
 1/4 teaspoon caraway seeds
 1 1/2 tablespoons tomato paste
 2 large eggs, beaten lightly
 3 1/2 cups chicken broth
 2 tablespoons all-purpose flour
 1/2 cup heavy cream

Trim 1/4 inch from the root end of each kohlrabi bulb so the bulb will stand upright, scoop out the pulp from the opposite end with a small melon-ball cutter or spoon, leaving 1/4-inch-thick shells, and chop it fine (there will be about 2 3/4 cups). In a large kettle of boiling salted

water cook the kohlrabi leaves for 3 minutes, or until they are just tender, drain them well, and chop them fine (there will be about 2 cups).

In a large skillet cook the onion and the garlic in 2 tablespoons of the butter over moderate heat, stirring, until the onion is golden and transfer the mixture to a large bowl. To the bowl add the pork, the rice, 2 tablespoons of the parsley, the paprika, the marjoram, the caraway seeds, the tomato paste, the eggs, 1/2 cup of the kohlrabi pulp, 1/4 cup of the chopped kohlrabi leaves, and salt and pepper to taste and combine the mixture well. Divide the mixture among the kohlrabi shells, mounding it, and arrange the shells in a shallow flameproof baking dish just large enough to hold them in one layer. Scatter the remaining pulp and leaves in the dish and pour in the broth. Bring the broth to a boil and simmer the shells, covered partially, for 30 to 50 minutes, or until they can be pierced easily with a sharp knife. Transfer the shells with a slotted spoon to a plate, reserving the cooking mixture in the baking dish, and keep them warm.

In a small saucepan cook the flour in the remaining 2 tablespoons butter over moderate heat, whisking, for 3 minutes and whisk in the cream. Bring the mixture to a boil, whisking, simmer it for 1 minute, and stir it into the reserved cooking mixture, a little at a time. Add salt and pepper to taste and cook the sauce over moderate heat, stirring occasionally, for 5 to 10 minutes, or until it is thickened. Return the stuffed shells to the baking dish and garnish them with the additional parsley.