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# KOHLRABI

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Vegetable Subclass: **Other**

1 lb untrimmed fresh = 5.1-1/4 cup servings

1 lb untrimmed fresh = .45 lb pared kohlrabi

Peak Season: Early spring or late fall

*Often overlooked because of its daunting appearance, kohlrabi is much more user-friendly, and delicious, than the typical consumer may think. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. Its origin in nature is the same as that of cabbage, broccoli, cauliflower, kale, collard greens, and Brussels sprouts: they are all bred from, and are the same species as the wild cabbage plant. Whether eaten raw or cooked, however, be sure to remove its fibrous peel.*

## Storage

Refrigerate in loosely sealed plastic bag for up to a week.

## Preparation



Trim stalks and leaves if present. Cut off the bottom and peel off all of the kohlrabi's tough rind to expose the white inner flesh, then cut as desired.

## Cooking

**To Steam:** Slice kohlrabi into bite-sized pieces and put into a saucepan with 1/2 inch of water. Add a dash of salt if desired, cover and bring to a boil over high heat. Turn heat down to low and steam for five to seven minutes.

**To Grill:** Chop kohlrabi bulb and toss in a bowl with a little extra virgin olive oil. Sprinkle with seasoning as desired, and wrap in aluminum foil, shiny side inside. Place on the grill and cook for about 10 to 12 minutes.

**To Bake:** Position kohlrabi in a covered dish with a few tablespoons of liquid at 350°F, for 50-60 minutes.

**To Boil:** Place the peeled and cut-up or unpeeled and whole kohlrabi in boiling salted water and cover. Simmer on medium heat for about 15 minutes if peeled and cut up; up to 25 minutes for whole bulbs. Drain. Once drained the unpeeled bulbs can easily be peeled, left whole or cut up, and tossed with melted butter. \*\*If the kohlrabi is being used in a gratin, or any other recipe in which it is being parboiled, boil the bulbs whole in their skin for 5 minutes, drain, and peel before continuing with the recipe.

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# Kohlrabi FUN FACTS

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Kohlrabi comes in two main varieties: white and purple, with white kohlrabi actually being a light green color. Both have pale green flesh inside.

Kohlrabi leaves can be harvested and cooked like kale or turnip greens

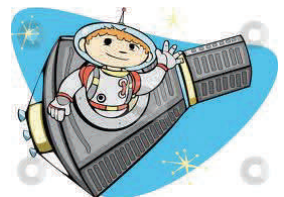


The name kohlrabi is made up of two German words: kohl meaning cabbage and rübe meaning turnip. The word kohlrabi literally translates to "cabbage turnip."

Unlike the turnip, kohlrabi is **not** a root vegetable. The large bulb is actually part of the stem, not the root system, and sits right above ground level.



In his book "The 150 Healthiest Foods on Earth," the nutritionist Jonny Bowden described the appearance of kohlrabi as a cross between an octopus and a space capsule.



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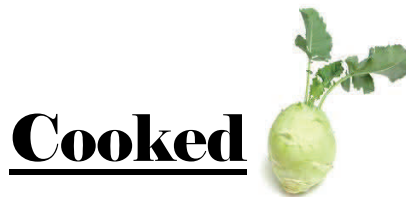
# KOHLRABI: I bought it, now what??

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*Juicy and crunchy, kohlrabi is delicious and surprisingly satisfying when eaten raw.*

- Cut into wedges and crunch them plain, use with creamy dips, or give them a simple drip or two of soy sauce.
- Kohlrabi also adds bite and crunch to salads and slaws—slice thinly, shred, or coarsely grate and toss into salads. Try a combination of coarsely grated apples and kohlrabi!
  - Sandwiches and wraps benefit from the cool juicy crunch of shredded kohlrabi



*Cooking kohlrabi, like many other vegetables, displays its versatility in flavor and uses.*

- Kohlrabi can be chopped and added to soups or stews
- Boiled kohlrabi can be added to mashed potatoes or other mashed root vegetables, or is surprisingly delicious alone served with a pat of butter!
- Kohlrabi can also be roasted with other veggies cubed or wedged, or alone and julienned like fries. Season as desired with herbs, spices, or cheeses.
- Add grilled sautéed kohlrabi to wraps, or mix with corn and seasonings as a side dish
  - Add kohlrabi to stir-fries or sauté them with onions and garlic
  - Turn into chips—bake sliced in a 250° oven until crispy
- Substitute: replace potatoes with kohlrabi slices in ham bakes and gratins for extra variety
  - Slice and add to baked dishes like risottos or grate and mix with pastas

## ROASTED VEGETABLE MEDLEY

*Use any combination of these vegetables as you find/like them.*

- 3 beets
- 3 turnips
- 3 potatoes
- 4 large radishes
- 2 kohlrabies, peeled
- 1 medium jicama, peeled
- 6 baby leeks, roots trimmed off but left whole
- 4 garlic cloves
- 4 T. extra virgin olive oil
- 4 T. herbs de provence (mixture of dried thyme, basil, oregano, sage, rosemary, dill, etc.)
- 3 t. salt (kosher or sea variety preferred)
- 2 t. fresh ground pepper



Preheat oven to 375 F. Line a cookie sheet with foil. Wash and dry all the vegetables. Trim off all stems and leaves. Peel off any blemishes from beets, turnips, potatoes and radishes, but leave on the majority of the skin. Cut all vegetables, except the leeks, into fairly uniform cubes about 3/4 inch in diameter. The smaller you cut them, the faster they will cook. Place vegetable cubes on the cookie sheet and drizzle with olive oil, reserving 1 tablespoon. Toss and sprinkle with salt, pepper, and herbs. Toss again to coat evenly. Place uncovered into the oven.

After 50 minutes, take the cookie sheet out of the oven. Turn over the vegetables as best you can (some may stick). You should see the edges browning nicely. Drizzle baby leeks with remaining olive oil and some salt and pepper. Place on top of other vegetables on the tray and return to the oven for another 15-20 minutes until the vegetables are tender and golden brown. After plating up, if desired, drizzle with a little balsamic vinegar.

(serves 6 as a side dish)

*Recipe courtesy of [straightfromthefarm.net](http://straightfromthefarm.net)*



# Kohlrabi Risotto

The New York Times; March 5, 2012

1 pound kohlrabi  
7 to 8 cups well-seasoned chicken or vegetable stock  
1 tablespoon extra virgin olive oil  
1/2 cup minced onion  
1 1/2 cups arborio rice  
1 to 2 garlic cloves (to taste), minced  
Salt and freshly ground pepper to taste  
1/2 cup dry white wine, like pinot grigio or sauvignon blanc  
1/4 to 1/2 cup freshly grated Parmesan cheese (1 to 2 ounces)  
2 to 3 tablespoons chopped flat-leaf parsley



1. Peel the kohlrabi, making sure to remove the fibrous layer just under the skin, and cut into 1/2-inch dice.

2. Bring stock or broth to a simmer over medium heat. Turn the heat down to low.

3. Heat the olive oil over medium heat. Add the onion and a pinch of salt, and cook just until tender, about 3 minutes. Do not brown. Add the diced kohlrabi and the garlic and cook, stirring, until the kohlrabi is crisp-tender, about 5 minutes.

Risotto is a welcoming home for just about any vegetable, and this combination is a comforting one.

4. Add the rice and stir until the grains separate and begin to crackle. Add the wine and stir until it has evaporated and been absorbed by the rice. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup)



at a time. The stock should just cover the rice, and should be bubbling. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when the rice is almost dry. Stir often. When the rice is just tender all the way through but still chewy, in 20 to 25 minutes, it is done. Taste and adjust seasoning.

5. Add another ladleful of stock to the rice. Stir in the Parmesan and the parsley and remove from the heat.

The mixture should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound. **Yield:** 4 to 6 servings.

**Nutritional information per serving (4 servings, unsalted broth):** 354 calories; 5 grams fat; 1 gram saturated fat; 0 grams polyunsaturated fat; 3 grams monounsaturated fat; 4 milligrams cholesterol; 65 grams carbohydrates; 6 grams dietary fiber; 207 milligrams sodium (does not include salt to taste); 12 grams protein