
Kohlrabi 101

Farmer Kurt's Favorite Snack



2 KINDS OF KOHLRABI



White Skinned
White, crisp interior flesh.



Purple Skinned
White, crisp, interior flesh

A member of the cabbage family, kohlrabi is notorious for its “weird” extra-terrestrial appearance. Although the whole plant is edible, most people eat the bulbous stem base. This rounded vegetable is actually the stem of the plant and it grows right on top of the soil. It has a sweet flavor and crisp texture, akin to a turnip or broccoli stem.

Picking Your Kohlrabi:

When shopping for kohlrabi, look for solid, firm bulbs about three inches in diameter or less with healthy green leaves. Kohlrabi is pale green to creamy white on the inside with a green or bright purple outer peel; the green variety is more popular.

How to store:

Store wrapped loosely in plastic in the refrigerator. It will last 2-3 weeks.

Preparing:

If the skinny stems and leaves are still attached, cut those off. (You can eat those as you would kale leaves). Peel the skin off the globe-shaped stem. Cut it in half, then quarters. You may need to remove the woody middle if it's a large kohlrabi. Then chop to desired size.

Consider using a mandolin to slice the kohlrabi into very thin strips and drizzle them with olive oil and salt and pepper for a delicious raw snack.



4 Ways to Eat Kohlrabi:

Steamed:

Steamed kohlrabi can be used in so many dishes. Once steamed, you can add it to frittatas, stir-fries, and pasta dishes or into mashed potatoes. You could puree it with a little cream and simple spices.

Cut the kohlrabi into wedges. Place in a steamer basket in a saucepan and add about an inch of water, salt and pepper. Cover with a lid, and steam until the kohlrabi is tender, about 10 to 15 minutes. Drain and toss with parsley and olive oil or use in mashed potatoes or other dishes.

Raw:

This is Farmer Kurt's favorite way to eat kohlrabi. Chop them into bite size sticks and dip them in your favorite sauce or peanut butter. They have a crisp taste kind of like a cabbage, but sweeter.

Roasted:

The flavor really caramelizes when roasted with a bit of olive oil and sea salt at 450 F for 15-20 minutes, being sure to stir them occasionally. Try mixing them with other roasted veggies like carrots, beets, radishes, or turnips.

Soup:

Throw in chunks of kohlrabi for a vegetable soup. Or cook it until soft and puree with potatoes or other veggie ingredients.

Substitutes:

Turnips, broccoli stem, cabbage, radish

Best Uses:

Roasted whole or spiraled
Soup
Raw with dip or PB
Stuffed
Slaws
Salad
Deep Fried
Pickled

Home Fries
Steamed or Sautéed
Stir fry
Fritters
Gratin or Risotto
Frittata
Mashed Puree
Chips

How to Freeze:

To freeze kohlrabi, you have to blanch it first. When thawed, the kohlrabi will have a soft consistency.

1. Remove tops and roots.
2. Wash, peel and leave whole or cut into 1/2-inch cubes.
3. Blanch (plunge into boiling water) for three minutes (if whole) or 1 1/2 minutes (for cubes) and chill quickly in ice cold water for the same amount of time.
4. Drain off excess moisture, package in airtight containers or freezer bags and freeze.



Suggested Recipes:

Kohlrabi Home Fries with Thyme Aioli

Adapted from The CSA Cookbook by Linda Ly

Ingredients:

2 lb. kohlrabi, peeled and cut into 3-inch squares

2 T. olive oil

1/2 t. kosher salt

1/4 t. garlic powder

1/8 t. ground black pepper

Aioli:

1 egg

2 garlic cloves, crushed

1 T. chopped fresh thyme

1 t. lemon juice

1/4 t. kosher salt

3/4 c. sunflower oil, safflower oil, or grapeseed oil

Directions:

Preheat oven to 425 F. On a large rimmed baking sheet, toss the kohlrabi with the oil, salt, garlic powder, and pepper. Scatter the kohlrabi across the baking sheet in a single layer and bake for 35 to 40 minutes until lightly browned, shaking them up halfway through to evenly brown them on all sides.

For the aioli: Add the egg, garlic, thyme, lemon juice, and salt to a blender. Blend on medium speed for a few seconds until well combined. While the blender is running, add the oil in a very slow, steady stream until the mixture emulsifies. When the aioli turns opaque and smooth, transfer to a small bowl and serve with the kohlrabi fries.

Kohlrabi Carrot Fritters with Avocado Cream Sauce

Adapted from www.ACoupleCooks.com

Serves: 8 fritters

Ingredients:

2 kohlrabi

1 carrot

1 egg

1/4 teaspoon kosher salt

1/4 teaspoon cayenne

1/2 cup grapeseed or vegetable oil (enough for 1/4-inch depth in a large skillet)

1/2 avocado

1/4 cup plain yogurt

1/2 lemon

1/4 teaspoon kosher salt

Green onions (for garnish)

Directions:

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth to remove moisture, then add to a medium bowl with 1 egg, 1/4 teaspoon kosher salt, and 1/4 teaspoon cayenne. Mix to combine.

Place 1/2 cup oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

In a small bowl, mix 1/2 avocado, 1/4 cup plain yogurt, juice from 1/2 lemon, and 1/4 teaspoon kosher salt to make the avocado cream (or blend the ingredients together in a food processor).

Serve fritters with avocado cream and sliced green onions.

Kohlrabi Carrot Soup

Adapted from www.Hurrythefoodup.com

Ingredients:

3 carrots

1 kohlrabi

1 medium onion

1/2 cup low fat cream cheese (or yogurt)

2 cups vegetable broth

1 tbsp butter

1 handful parsley, chopped

2 dashes salt and pepper to taste

Directions:

Dice up the onion, throw it in a pot with half butter or oil. Let it simmer on a very low heat while you're taking care of the other veggies.

Peel the carrots and kohlrabi. Dice and throw them all into the pot with some more butter. Add the stock and cook on a medium heat for about 15 minutes.

Turn the heat down and add the cream cheese, parsley, salt and pepper. Cook for a final 5 minutes on a low heat to get the cheese mixed in.

Use a hand blender to process the soup (this doesn't have to be done perfectly, uneven lumps will give the soup a nice texture).

Sprinkle a couple more parsley leaves on top for garnish.

Pickled Kohlrabi Recipe

Adapted from www.plenteousveg.com

Ingredients:

Some kohlrabi (about 2 kohlrabi will fit in a 1-quart jar)

A quart size Mason Jar

Salt: iodine-free salt is best but you can use any table salt too

A weight to keep the kohlrabi under water in the jar (see note at end of article)

Something to cover the jars with (a towel, coffee filter, napkin...)

Directions:

Peel the kohlrabi. Kohlrabi has a tough outer skin which you need to peel off.

Slice the kohlrabi. I cut mine into very thin slices because I like to put the pickles on sandwiches. But you can also cut them into chunks or wedges.

Put the kohlrabi slices in the jar. Leave about 2 inches of head room at the top.

Put 1tsp to 1tbsp of salt in the jar. The amount depends on how salty you like your food. Iodine can slow down fermentation, so it is best to use iodine-free salt. I use regular table salt and have no problems.

Pour water into the jar. Leave at least 1 inch of “head space” at the top of the jar. Fermentation causes bubbles and the water might overflow! It is best to use filtered water because chemicals in tap water can slow fermentation and affect taste. I use tap water though with no problems.

Weigh the kohlrabi down so they stay under the water. This is VERY important. So long as the veggies are under the “brine,” no bad bacteria can get to them.***

Lightly cover the jar. The ferments should be able to “breathe” so don’t close them off completely. You can lightly cover them with their lid, put a clean kitchen towel over top of them, or put a napkin secured with a rubber band over the jar.

Let the kohlrabi ferment. Put them somewhere warm to ferment. It is good to put a tray under them in case any water spills over. You should see bubbles forming. This is a sign that fermentation is occurring! If you see a white film over the top of the ferments, this is okay. Just skim it off. If you see black or green slime, this is NOT okay. You’ve got to throw the batch away!

Wait 2-3 days and test your pickled kohlrabi. Pickling time varies depending on the amount of sugar in the vegetable, the temperature, salt type, chemicals in water, etc. Test the pickles after about 2 or 3 days. If they aren't sour enough for your taste, let them ferment more. If they are to your liking, then put a lid on them and transfer to a cool place (like your fridge). The coolness will slow fermentation.

Enjoy within 6 months. Seriously. Pickled kohlrabi lasts that long or even longer!

Roasted Kohlrabi

Ingredients:

2-3 kohlrabi, peeled and cut into chunks

1 T. Olive oil

1/3 c. parmesan cheese

1 garlic, minced

salt and pepper

Directions:

Preheat an oven to 450 degrees F (230 degrees C).

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.

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.

Kohlrabi and Carrot Slaw

Adapted from The CSA Cookbook by Linda Ly

Ingredients:

1 lb. kohlrabi, peeled and julienned or cut into 4-inch matchsticks

1/2 lb. carrots, julienned

1 t. kosher salt

1/4 red onion, thinly sliced

1/4 c. cilantro, chopped

1/2 jalapeno papper, minced (optional) — or sub a bell pepper

Directions:

In a large colander, toss the kohlrabi and carrots with the salt and let drain in the sink for 1 hour. Periodically shake up the vegetables to expel as much water as possible. The strips should be tender and pliable but still retain their crispness.

Meanwhile, make the dressing by combining all of its ingredients in a small bowl. Wet aside until ready to use.

In a large serving bowl, combine the kohlrabi, carrots, onion, cilantro, and jalapeno. Toss with the dressing to coat and refrigerate for at least 1 hour before serving. Serve chilled.

Sautéed Kohlrabi

Adapted from Farmer John's Cookbook

Ingredients:

2 medium kohlrabi bulbs, grated

1 t. salt

1/4 c. butter

1 medium onion, diced (about 1/2 cup)

1 clove garlic, minced or pressed

2 T. chopped fresh thyme, chives, or sage (I omitted this altogether and it was still great. You could also use dried herbs, in that case use just one teaspoon).

Directions:

Mix the kohlrabi and salt in a colander and let stand for 30 minutes to drain. (I did it for 15 minutes).

Melt butter in a large skillet over medium heat. Add onion and sauté until translucent, about 3 minutes. Add the garlic and sauté for 1 minute more — careful don't let the garlic burn.

Stir in the kohlrabi. Reduce the heat to low, cover, and cook for 10 minutes.

Increase heat to medium, uncover skillet, and cook for 2 minutes. Remove from heat and stir in the herbs. Let stand a couple minutes to let the flavors develop. (I forgot to do this step, and it still tasted delicious!)