

Kohlrabi, Three Ways

by foodforscot

2 kohlrabi bulbs and greens

salt and pepper

olive oil, for shallow frying

1st way:

a small handful of basil, julienned fine

1 tsp of white wine vinegar

1 tsp of olive oil

2nd way:

1 14.5 oz. can of Cannellini beans, drained and rinsed

handful of grated parmesan cheese

3rd way:

1 egg

~1/4 cup potato flour (or any flour)

Cut off the bulbs from the greens. Wash the bulbs and greens. Peel the bulbs with a sharp knife or a peeler.

1st way: Prepare the fresh salad. Julienne approximately 1/2 of one of the kohlrabi bulbs. Toss with salt, pepper, basil, olive oil, and white wine vinegar.

2nd way: Make pureed beans and greens. Remove tough stems from kohlrabi greens and roughly chop the leaves. In a medium saucepan over medium high heat, add kohlrabi greens, beans, and a small amount of water (enough that you can see it but do not cover beans and greens). Bring to a boil, reduce to a simmer, and let cook until beans are tender and some of the water has evaporated off. Add more water as needed. Blend with an immersion blender until smooth (or put in food processor or blender). Mix in a handful of parmesan and season with salt and pepper, to taste.

3rd way: Make fritters. Shred the rest of the kohlrabi bulbs (1.5 bulbs) using the largest side of a box grater. Toss grated kohlrabi with salt, pepper, egg, and half the flour. Continue adding flour until mixture sticks together enough to maintain its shape when frying.

Preheat a skillet with a healthy amount of olive oil over medium high heat. Pan fry the shredded kohlrabi mixture until golden brown on each side. When done, let drain on a paper towel lined plate. Should make approximately six fritters.

Assemble: Place half of the bean/greens mixture in a wide bowl. Top with three fritters. Top fritters with fresh salad.

(Servings: 2, Prep time: 30 min, Cook time: 30 min., Difficulty: Intermediate)