



How to Prepare Kohlrabi



Prepare

The first thing you'll want to do is divorce the greens from the base of the plant, cut the stems from the leaves up to 3/16" in width to ensure good texture in the greens.

Wash the greens, drain and slice into 1-2 inch ribbons.

Then you can prepare the aromatic vegetables by slicing onion, carrot and garlic.

Two bunches of greens require approx. one medium onion, one medium carrot and two cloves of garlic.



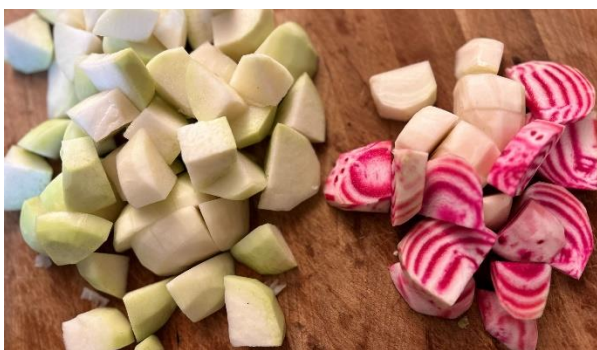


Cook

1. Then in a Dutch oven, preheated over medium heat add beef tallow or your favorite oil to coat the pan.
2. Add the onion and carrot, reserving the garlic for until the onion starts to turn translucent.
3. Season with salt and pepper.
4. Once the garlic is added and stirred around for 2-3 min.
5. Add 2c of chicken/veg stock and the ribbons of greens.
6. Simmer, stirring occasionally until greens are tender.
7. Optionally add sherry or apple cider vinegar at serving time.

Stem Prep

The biggest mistake made in preparing kohlrabi stem is not peeling enough of the outer layer off. Where the leaves connect to the stem of the plant thick fibrous cords run fluid to the leaves. A pale green layer under the colorful skin can contain the base of these cords and should be peeled off, simply peeling the bulb twice is usually sufficient.



Chop the kohlrabi into 1-2 in. chunks while your steamer basket preheats on the stove.

Additionally, you can add other veg at this time like beets (pictured) or carrots to be steamed along with them.



In a large bowl add a few tablespoons of butter or olive oil and your favorite seasoning. I enjoy McCormick's "Montreal Chicken Seasoning". Steam until fork tender and add to the bowl, toss and serve.