COOPERATIVE EXTENSION SERVICE
University of Alaska Fairbanks
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Kohlrabi

NUTRITION AND HEALTH

The name kohlrabi comes from German and means "cabbage turnip." Kohlrabi is a member of the brassica family, which includes cabbage, Brussels sprouts and kale. It has a subtle flavor reminiscent of other root vegetables such as turnips or potatoes and grows well in Alaska gardens. The edible bulb is crisp and juicy and may be white, purple or green. It can be eaten raw or cooked. Kohlrabi is low in calories, contains no fat and is a good source of fiber, potassium and vitamins B6 and C.

SELECTION

Choose kohlrabi bulbs that are small and tender, when available, with bulbs 2 to 3 inches in diameter. Larger bulbs tend to be tough and woody but are more palatable when peeled.

STORAGE

Cut off leaves, wrap them in a damp paper towel and place in a plastic bag. Leaves can be refrigerated for three to four days. Kohlrabi bulbs can be stored for two to three weeks in the refrigerator.

PREPARATION

Wash kohlrabi just before using. Young kohlrabi bulbs are generally tender and do not require peeling. Larger bulbs should be peeled to remove the tough outer skin. Kohlrabi can be sliced, cut into quarters, cubed or julienned and eaten raw or steamed until crisp-tender or added to soups. It can be sautéed in olive oil or boiled and mashed. The crisp flesh can be served raw in salads, as a relish or as a crunchy accompaniment to dips. Prepare kohlrabi leaves as you would turnip greens or kale. They are excellent in salads or stir-fried.

RECIPES

Kohlrabi Chips

kohlrabi, very thinly sliced and peeled
olive oil
coarse salt
Toss kohlrabi with olive oil. Sprinkle with salt.
Arrange in a single layer on a baking sheet lined with parchment paper.
Bake at 250°F until crisp and deep golden, 35 to 60 minutes.
Transfer chips to a paper towel-lined plate.

Potato Kohlrabi Casserole

(from Boone County Farmers Market)
4-5 medium potatoes, with skin
2 medium-sized kohlrabi, peeled
1 medium onion, peeled and chopped
3-4 tablespoons butter, melted
½-¾ teaspoon Italian seasoning
Boil potatoes with kohlrabi until somewhat tender; drain water and set aside. Sauté chopped onions in a small amount of butter until tender.
Grease a 12×8-inch baking dish. Slice potatoes with skin on and layer on bottom of dish.
Sprinkle onions over potatoes. Quarter kohlrabi and slice; layer over onions. Drizzle melted butter over top.
Repeat layers until used up; drizzle with butter.
Sprinkle top with Italian seasoning.
Bake, covered, at 350°F for 35 to 40 minutes.
Servings: 4

Kohlrabi-Apple Slaw

kohlrabi, cut into matchsticks
apple, cut into matchsticks
1 tablespoon olive oil
1 teaspoon lemon juice
salt and pepper

Peel kohlrabi and apple before cutting into matchsticks, if desired.
Mix kohlrabi and apple matchsticks with olive oil and lemon juice.
Season with salt and pepper.

Roasted Kohlrabi with Parmesan

4 kohlrabi bulbs
1 tablespoon olive oil
1 clove garlic, minced
⅓ cup grated Parmesan cheese
salt and pepper

Preheat oven to 450°F.
Peel kohlrabi, if desired, and cut into ¼-inch slices.
Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the oil mixture to coat and spread in a single layer on a baking sheet.
Bake until browned, 15 to 20 minutes, stirring occasionally.
Remove from oven and sprinkle with Parmesan cheese.
Return to oven to allow cheese to brown, approximately 5 minutes. Servings: 4

Kohlrabi-Ham Bake

3 tablespoons butter
4 kohlrabi, peeled if desired and diced
8 ounces ham, diced
2 tablespoons fresh, chopped parsley
3 egg yolks
1 cup heavy cream
2 tablespoons all-purpose flour
pinch of nutmeg
salt and pepper

Preheat oven to 350°F.
In a large skillet, melt butter over medium heat. Add the diced kohlrabi and cook for 8 to 10 minutes.
Beat the egg yolks and whisk in the cream, flour, nutmeg, salt and pepper until combined.
Place half of the cooked kohlrabi in an oven-proof baking dish. Layer ham and parsley. Top with remaining kohlrabi. Pour sauce over top.
Bake 30 to 35 minutes until lightly browned.

More research-based information can be found at:
www.uaf.edu/ces or 1-877-520-5211/907-474-5211

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