

Kohlrabi Cooking Tips:

- After washing, trim away any woody or tough portions of skin. Kohlrabi does not have to be peeled after cooking.
- Excellent cooked or raw.
- Grate raw into salads, or make nontraditional coleslaw with grated kohlrabi and rash, chopped parsley, green onion and dressing of your choice.
- Try raw, thinly sliced, alone or with a dip. Peel and eat it raw like an apple.
- Steam whole 25-30-minutes or thinly sliced 5 -10 minutes. Dress slices simply with oil, lemon juice, and fresh dill weed, or dip in flour and briefly fry.
- Sauté grated in butter: add herbs or curry for enhanced flavor.
- Add sliced or cubed to hearty soups, stews, or a mixed vegetable stir-fry.
- Chill and marinate cooked kohlrabi for a summer salad. Add fresh herbs.
- Mash cooked kohlrabi, mix with cooked potato, for into patties and fry in butter.
- Larger, older kohlrabis are good stuffed. Scoop out center, fill with chosen stuffing mixture and simmer, covered for 20 minutes.
- Kohlrabi leaves can be used like other greens. You may want to remove center rib.