

## Kohlrabi

Looking something like a Sputnik in vegetable form, with a squat bulb and antennae-like shoots, kohlrabi is part of the cabbage family. The name translates as 'turnip cabbage' and the mild, sweet flavour is somewhere between a turnip and a water chestnut, with a crisp, crunchy texture. It can be found in two colours, pale green and the less-common purple.

### How to prepare kohlrabi

Snip off the leaf stems, trim off the base and top, then use a potato peeler or sharp knife to peel it as if it's an apple. Then thinly slice, chunk or cut into wedges.

### How to cook kohlrabi

To roast, steam the bulb for 5 mins, then roast for 45 mins

Steam (up to 12 mins)

Stir fry (up to 6 mins)

The leaves can be cooked like cabbage

### How to store kohlrabi

Trim off the stems and keep in the fridge – it will last up to two weeks.



## Creamy Kohlrabi Soup

Cooking time 35 mins Serves 2

### Ingredients

1 kohlrabi, peeled and diced

1 garlic clove, finely chopped

1 onion, finely chopped

A nugget of butter or splash of olive oil

1 medium potato, peeled and diced

500ml veg or (chicken stock)

Sea salt and freshly ground pepper

A handful of fresh parsley, plus more to serve

½ lemon, juice and zest

A grating of fresh nutmeg (optional)

A dollop of crème fraîche (optional)

### Method

1. Gently fry the kohlrabi, onion and garlic in butter or oil over a medium-low heat for a few mins.

2. Add the spuds and stock and simmer till the veg are soft enough to whizz up. Pop the veg and parsley in the blender. Let the veg cool a bit first as the pressure from the steam can make the lid blow off

3. Purée till smooth. Transfer it back to the pan to heat up. Taste. Season with salt, pepper and a touch of lemon juice and zest, and perhaps some nutmeg.

4. Serve with a dollop of crème fraîche, a bit more fresh parsley and even some crispy pancetta or little bits of bacon, if you fancy.

## Halloumi, Spiced Chickpea, Kohlrabi & Spinach Salad



Cooking time 25 mins Serves 2

A warming winter salad of soft chickpeas, crunchy kohlrabi batons and crisp apple, flavoured with the earthy spiciness of turmeric and sweet-sharp zing of blood orange, with savoury nuggets of halloumi and tender spinach leaves folded through.

### Ingredients

- 1 kohlrabi
- 1 apple
- 1 red onion
- 400g tin of chickpeas
- 1 tsp turmeric
- 150g halloumi
- 2 tbsp olive oil
- Sea salt
- Freshly ground pepper
- 1 blood orange
- 50g baby leaf spinach

### Method

1. Scrub the kohlrabi and trim off the top and base (you don't need to peel it, although you can if preferred). Slice the kohlrabi into matchsticks. Quarter the apple and slice out the core. Dice the apple. Peel the onion and thinly slice it. Set all 3 aside, keeping them separate. Drain and rinse the chickpeas. Slice the halloumi into cubes.
2. Pour 1 tbsp oil into a large pan and bring to a medium temperature. Slide in the onion and fry for 3-4 mins, till slightly softened. Spoon in 1 tsp turmeric and sprinkle in a good pinch of salt and pepper. Fry for a further 1 min.
3. Shake the chickpeas dry and toss them into the pan with the onion. Finely grate in the orange zest. Warm through for 3-4 mins, stirring occasionally. Tip into a large bowl. Stir the chopped apple and kohlrabi into the bowl and set aside.
4. Give the pan used to cook the chickpeas a quick wipe and return it to a medium-high heat. Pour in 1 tbsp oil and add the halloumi. Fry for 3-4 mins, turning once or twice, till golden on all sides. Tip the halloumi into the salad bowl.
5. Fold the spinach leaves through the salad, and squeeze in the juice from the blood orange. Have a taste and add more salt and pepper if you think it needs it, then pile onto warm plates and serve.

Peppery kohlrabi slaw  
By Tom Kerridge



PREP: 25 MINS plus standing, no cook  
EASY SERVES 6

With crunchy kohlrabi, horseradish and spring greens, this coleslaw is quick enough for every-day, yet unusual enough to impress guests

Nutrition: per serving kcal 276 fat 23g saturates 3g carbs 8g sugars 7g fibre 9g protein 5g salt 0.6g

#### Ingredients

2 whole kohlrabi, peeled  
head of spring greens, finely shredded  
2 bunches spring onions, very finely shredded  
small bunch radishes, quartered, leaves attached  
juice ½ lemon  
For the dressing  
175g mayonnaise  
50g grated horseradish, fresh or from a jar  
2 heaped tsp cracked black pepper

#### Method

Using a sharp knife, or preferably a mandolin, very thinly slice the kohlrabi, then cut into strips. Tip into a bowl and toss through the spring greens, spring onions and 1-2 tsp sea salt. Set aside for 30 mins and let the salt draw out any excess liquid from the vegetables.

Meanwhile, mix together the mayonnaise, horseradish and black pepper. Give the vegetables a little rinse and squeeze out any excess water with a clean cloth, then tip into a bowl. Add the radishes, dressing and lemon juice, and toss everything together.