

Kohlrabi recipes

Kohlrabi Gratin – Serves 2

If, like me you had never heard of Kohlrabi, or if you have, you'd never seen or cooked one before then here is an explanation of what it is and an easy way to cook it:- Kohlrabi is a member of the cabbage family with a light turnip like taste. It can be used shredded raw in salads or cooked as in the below recipe.

Preparation Time: - approx. 20 minutes.

Cooking Time: - 8 – 10 minutes.

Ingredients:- 1 Kohlrabi – Peeled and thinly sliced, 1 garlic clove-thinly sliced, 2 tablespoons of butter
4 tablespoons of double cream, Salt & pepper to season

Instructions:- Pre-heat the oven to gas mark 6/200C/400F. Heat the butter in a frying pan until it starts to foam. Then add the cream and garlic and cook for a couple of minutes. Add the slices of Kohlrabi to your cream and garlic and season to taste. Place in the pre-heated oven for approx 8 minutes until the Kohlrabi is nice and tender and the cream has been absorbed.

Handy Hint:- *You will need to use an ovenproof frying pan for this dish. If you don't have an oven proof frying pan you can always finish the dish on the hob, rather than cooking in the oven or you can transfer the Kohlrabi into a pre-heated oven dish.*