

Turnips

27 February 2009

"Turnips are a good low calorie source of vitamin C and fiber. Turnip greens contain large amounts of vitamin A and especially large amounts of lutein, which has been shown to help prevent cataracts and cardiovascular disease."

Finnish Turnip Casserole (a nice alternative to mashed potatoes)

- 3 large carrots, cubed
 - 1 large turnip, cubed
 - 3 tablespoons softened butter
 - 1/2 teaspoon salt
 - 1/4 cup all-purpose flour
 - 1/4 cup white sugar
 - 2 eggs
 - 1/2 cup milk
 - 2 tablespoons white sugar
 - 1/4 teaspoon ground cinnamon
1. Preheat an oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
 2. Place the carrot and turnip cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.
 3. Return the carrots and turnips to the pot, and mash well with the butter, salt, flour and 1/4 cup of sugar. Whisk together the eggs and milk in a bowl, then stir into the mashed carrot mixture until blended. Scrape into the prepared casserole dish. Stir together 2 tablespoons of sugar with the cinnamon in a small bowl, and sprinkle over the top of the carrot mash.
 4. Bake in the preheated oven until the carrot mash has slightly firmed and the top has begun to turn golden brown, about 45 minutes.

Au Gratin Turnips and Potatoes

4 c Sliced turnips & potatoes (any combination,) peeled and thinly sliced
1 md Onion peeled and finely sliced,
2 tb Melted butter
1/2 c Milk
1/8 ts Grated nutmeg
1/4 ts Ground white pepper
1/2 ts Salt
1/2 c Grated Swiss cheese

PREHEAT OVEN TO 375F. TOSS together turnips, potatoes, onion with melted butter and place in a 9-inch square or round baking dish. Cover tightly and place in preheated oven for 30 minutes. In a small pot on top of the stove combine milk, nutmeg, pepper and salt and bring to a boil. Immediately remove from heat. Remove turnip-potato mixture from the oven, remove cover and mix in half the cheese. Pour the milk over the potatoes and sprinkle with remaining cheese. Replace in oven, uncovered, another 20 to 25 minutes. If the gratin is golden brown, it's ready to serve. If not, preheat broiler. Place gratin under broiler about 3 minutes to brown top before serving.

Grated and Sauteed Turnips

1 lb Turnips, peeled and grated
4 tb Butter

Salt
Freshly ground black pepper
1/2 c Pecan halves, sauteed in:
3 tb Butter

If the turnips are small, they do not need blanching. If they are larger than an egg, bring a large pot of water to the boil and blanch them by cooking 1 - 2 minutes, to remove the strong taste. Drain well and dry with paper towels. Heat the butter in a large skillet or frying pan. Add the turnips and toss in the butter for 5 minutes. Taste and add salt and pepper as desired. May be made ahead to this point. When ready to eat, add the pecans and toss over high heat 2 - 3 minutes. Serves 6.

Yukina Savoy

Here are two excerpts from blogs I found online. Hope this helps to demystify a few of the Asian greens for us a bit.

"My own CSA also grows bok choy, yukina, and mizuna. I, too, once found myself stumped by these babies. That is, until I learned that in addition to being wildly healthful, they are also wildly versatile. All can be eaten in salads, steamed, sauteed, stir-fried, or cooked in sauces or soups. In other words, you can't go wrong with them. They're fool-proof! Failsafe! Serve 'em hot, serve 'em cold! Serve 'em raw, serve 'em stewed! There's no wrong answer! That's my kinda' vegetable.

"My standard for all of these has been to a quick sautee or stir-fry, generally prepared one of two ways: either sauteed with garlic, olive oil, a touch of kosher sea salt, and a sprinkling of lemon or vinegar; or stir-fried with an Asian flair (garlic, ginger, sesame oil, tamari, rice vinegar, and a touch of something sweet."

Yukina Savoy with Sesame Ginger Dressing

2 heads Yukina Savoy, torn into individual leaves and stalks removed
4 tsp soy sauce
1½ tsp sesame oil
¾ tsp minced ginger
1 Tbsp rice wine vinegar
Salt and pepper to taste (may not need salt)
1 Tbsp sesame seeds, roasted in a pan until lightly browned

Bring a large pot of salted water to a rolling boil. Add tatsoi, cook 1 minute, and immediately remove and plunge into ice water to stop cooking. Drain. Whisk together all ingredients except tatsoi and sesame seeds. Toss tatsoi with dressing, garnish with sesame seeds. Serve warm or chilled.

Yukina Savoy Sauté

1 Tbsp sesame oil
2-4 baby leeks, sliced (or 1-2 cloves garlic, crushed)
1 head Yukina Savoy, destemmed, with midveins cut out, and coarsely chopped (about 4 oz of leaves should remain).
1/2 Tbsp vinegar
1 Tbsp tamari sauce
Black pepper

Sauté leeks (or garlic) in oil for 2-3 minutes. Add greens and sauté until just wilted. Remove from heat and stir in vinegar, tamari, and pepper.