

Turnips

"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.

Fresh Vegetable Soup

Posted by Carole Koch

Use your turnips in this fast and easy soup!

4 cups fat-free chicken broth
2 small turnips, diced
2 stalks celery, sliced
1 medium onion, chopped
¼ cup fresh parsley, chopped
2 medium carrots, thinly sliced
2 cups canned diced tomatoes
1 whole bay leaf
½ teaspoon dried oregano, to taste
Pinch of salt and pepper

Place all ingredients in a large saucepan. Bring to a boil. Cover, reduce heat and simmer 20 minutes until vegetables are tender. Skim off any froth that accumulates. Remove bay leaf before serving.

Serves 4.

Oven-Braised Turnips with Garlic

Posted by Carole Koch

2 ¼ pound turnips, trimmed, peeled, and cut into 1/2-inch wedges
2 tablespoons oil
1 ½ heads garlic, separated into cloves, smashed and peeled
2 1/3 whole bay leaves, broken in half
1 ½ cups rich beef stock
¼ teaspoon each: dried thyme, rubbed sage, and dried oregano
¾ teaspoon kosher salt, or to taste
Freshly ground black pepper to taste

Preheat oven to 500 degrees F. Place turnips in a 12 x 17 ½ x 2-inch roasting pan and toss with the oil. Spread out in a single layer. Roast for 15 minutes. Flip the turnips over and rotate the pan. Add the garlic. Roast for 5 minutes. Flip the turnips and garlic over and rotate the pan again. Tuck the bay leaves under the turnips. Add the stock and herbs. Roast for 10 minutes. Flip the turnips and garlic over and rotate the pan once more. Roast for 10 more minutes. The liquid will be mostly absorbed. Remove bay leaves. Season with salt and pepper to taste.

Makes 3 ¾ cups.

Potato, Turnip & Kale Sauté

Posted by Carole Koch

1 pound potatoes, scrubbed
1 pound turnips, peeled
1 pound kale, stems removed
4 tablespoons butter
2 tablespoons minced shallots
1 teaspoon minced garlic
2 tablespoons olive oil
1 teaspoon stone-ground mustard
2 tablespoons sour cream
2 tablespoons lemon juice
salt and pepper, to taste

Boil potatoes in lightly salted water until just tender when pierced with a knife. Drain and set aside. Cut large potatoes in halves or quarters; leave small ones whole.

Boil turnips in lightly salted water until tender when pierced with a knife. Drain and set aside. Cut large turnips in halves or quarters; leave small ones whole.

Blanch kale in lightly salted water, cooking just until tender, 5 to 7 minutes. Drain and plunge into ice water to stop the cooking. Drain again and then chop leaves coarsely.

In a small skillet over moderately low heat, melt 2 tablespoons butter. Add shallots and garlic and sauté until fragrant, 2 to 3 minutes. Set mixture aside.

In a large skillet warm remaining butter and olive oil over moderately high heat. Add softened shallot-garlic mixture and sauté quickly to reheat. Add potatoes and turnips and sauté quickly to heat through. Add kale leaves and cook 20 seconds. Stir in mustard and sour cream. Add lemon juice and season to taste.

LEEKS

Leek Tart

One pre-baked 10-inch tart shell.
6 medium leeks, sliced in ¼-inch rounds.
½ cup of heavy cream.
7 oz of goats cheese, crumbled.
2 tablespoons of butter.
2 tablespoons of balsamic vinegar.
½ teaspoon of salt.
½ teaspoon of freshly ground black pepper.

Preparation Instructions:

In a suitably sized frying pan with a lid, sauté the leeks in the butter until wilted.

Add the balsamic vinegar, salt and pepper; then cover and cook on low heat for 30 minutes or until the leeks are tender.

Remove the lid and increase heat to medium-high; then add the heavy cream and cook, stirring, until cream is absorbed (takes around 1 minute).

Remove the pan from heat and allow to cool slightly.

Spread the goats cheese evenly over the bottom of the tart shell.

Spoon the leek mixture over the cheese.

Bake at 350°F (175°C) until heated through and browned on top.

Potato Leek Soup

Ingredients

- 1 large or 2 small leeks, about 1 pound
- 2 bay leaves
- 20 black peppercorns
- 4 sprigs fresh thyme
- 2 tablespoons butter 🍳
- 1/2 cup dry white wine
- 5 cups vegetable stock
- 1 to 1 1/4 pounds russet potatoes, diced
- 1 1/2 teaspoons salt 🍳
- 3/4 teaspoon white pepper
- 1/2 to 3/4 cup creme fraiche or heavy cream
- 2 tablespoons snipped chives

Directions

Trim the green portions of the leek and, using 2 of the largest and longest leaves, make a bouquet garni by folding the 2 leaves around the bay leaves, peppercorns and thyme. Tie into a package-shaped bundle with kitchen twine and set aside. (Alternately, tie 2 leek leaves, bay leaves, peppercorns and thyme together in a piece of cheesecloth.)

Using a sharp knife, halve the white part of the leek lengthwise and rinse well under cold running water to rid the leek of any sand. Slice thinly crosswise and set aside.

In a large soup pot over medium heat, melt the butter. Add the chopped leeks and cook until wilted, about 5 minutes. Add the wine and bring to a boil. Add the reserved bouquet garni, stock, potatoes, salt and white pepper, and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the potatoes are falling apart and the soup is very flavorful.

Remove the bouquet garni and, working in batches, puree the soup in a food processor or blender. (Alternately, if you own an immersion blender, puree the soup directly in the pot.) Stir in the creme fraiche and adjust the seasoning, if necessary. Serve immediately, with some of the snipped chives sprinkled over the top of each bowl of soup.

Dandelion Greens

Some say that dandelions are the most nutritious of all greens. Some of its healing properties include: digestion aid, laxative/ diuretic, reduces swelling and inflammation, treats viruses, jaundice, edema, gout, eczema and acne. As for enjoying your greens, I, being a bit of a purist, enjoy my dandelion greens raw in a salad, either solo or combined with another, milder green. They are also very good braised in a bit of olive oil with sliced garlic, then dressed with sherry vinegar/honey/raisins/toasted almonds. Here are a few more simple recipe ideas for cooked dandelions.

Sauteed Dandelion Greens

3 pound dandelion greens, tough lower stems discarded and leaves cut crosswise into 2-inch pieces
1/2 cup extra-virgin olive oil
5 large garlic cloves, smashed
1/4 to 1/2 teaspoon dried hot red-pepper flakes
1/2 teaspoon fine sea salt

Cook greens in a 10-to 12-quart pot of boiling salted water (3 tablespoons salt for 8 quarts water), uncovered, until ribs are tender, about 10 minutes. Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water.

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high, then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.

Dandelion Salad with Warm Pecan Vinaigrette

adapted from *The Gourmet Cookbook* by Reichl et al

2 bunches dandelion greens, tough stems discarded
3 T extra virgin olive oil
4 stalks green garlic or 3 cloves garlic, finely chopped
1/4 cup pecans, coarsely chopped
1.5 T balsamic vinegar

1 t salt
1/4 t pepper

Cut top 5 inches from greens and transfer to a large heatproof serving bowl. Cut remaining greens into 3/4 inch slices and add to bowl.

Heat oil in a small heavy skillet over moderate heat. Add garlic and nuts and cook, stirring, until garlic is golden. Stir in vinegar, salt, and pepper. Pour hot vinaigrette over greens and toss to combine.

DANDELION SALAD WITH ANCHOVY DRESSING

adapted from the *San Francisco Chronicle* Serves 4

2 bunches Dandelion Greens
6 Anchovy Filets
5 stalks green garlic, cleaned as you would a leek and chopped
1/4 cup cooking oil, such as olive
2 T dark vinegar, such as balsamic
S & P to taste

Wash and dry dandelion greens. Cut into 2" long slivers. Mash anchovy filets with garlic; blend in olive oil and balsamic vinegar. Toss leaves with dressing, then divide among 4 plates. Season with S & P and serve at room temperature with thick slices of chewy bread.

Per serving: Calories: 165, Protein: 5g, Carbohydrates: 13g, Fat: 10g, Saturated Fat: 1g, Cholesterol: 6mg, Sodium: 221mg, Fiber: 2g.