

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 ⅓ 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.

Sweet Onion

Aliza Green's Belgian Beef, Beer and Sweet Onion Stew

In Belgium, where they say everybody eats well because the food is so good, this hearty stew would be made with one of the famed local beers. Here, flavorful beef from the chuck (or shoulder) is well browned and then simmered in a mixture of onions and beer. A little brown sugar for sweetness and vinegar for sharpness rounds it all out. To slice the beef yourself, place it in the freezer for about an hour, or until it is firm but not frozen and it will be easy to slice.

Serves 6 to 8.

- 1/4 pound bacon, cut into thin strips
- 3 large sweet onions, sliced thinly

- 1 cup flour (for dusting)
- 3 pounds beef chuck, cut across the grain in 1/3-inch thick strips
- 2 bottles (24 ounces) dark beer
- 2 tablespoons cider vinegar
- 2 tablespoons dark brown sugar
- 1 tablespoon chopped fresh thyme
- Salt and black pepper
- 4 bay leaves

Serve with: 1 pound egg noodles, cooked and tossed with browned butter and chopped parsley

In a large Dutch oven, brown the bacon till fat is rendered. Remove bacon bits and reserve both bits and fat. Sauté onions in half the bacon fat till well browned. Remove onions from the pan. Add the remaining bacon fat to the pan. Dust the beef slices with flour, shaking off excess, and brown well on all sides in batches. Do not crowd the pan, or the beef will steam instead of browning. Remove beef slices from pan. Add 3 tablespoons flour to the fat in the pan and stir to make a thick paste. Pour in the beer, vinegar, thyme, salt, pepper and bay leaves. Bring the liquid to the boil.

Layer the beef, onions, and liquid in the Dutch oven and bring to the boil on top of the stove. Cover and place in a 300° oven for 2 to 2 1/2 hours, or until the beef is fork-tender. Serve over the noodles.

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.