

# KOHLRABI

## What is Kohlrabi? Have you ever eaten Kohlrabi?

These little alien-shaped vegetables come in green or purple, can be eaten raw or cooked, and taste a bit like cabbage, but milder and slightly sweeter.

The word kohlrabi is German for "cabbage turnip" (*kohl* as in cole-slaw, and *rübe* for turnip) though kohlrabi is not a root vegetable at all. It's a brassica—like cabbage, broccoli, and cauliflower—and those cute bulbous shapes grow above ground, not below.

Kohlrabi is a rather versatile vegetable when it comes to how to prepare. We usually eat them raw—peeled, sliced and added to a salad or used for serving with a dip.

## How to Cook Kohlrabi

### How to Prep Kohlrabi

Peel the kohlrabi. Whether you're cooking kohlrabi or serving it raw, you will need to completely peel and discard the thick, tough outer layer (you may need a sharp knife for this; the skin is quite tough and indigestible).

Cut the kohlrabi. To enjoy the crunch of raw kohlrabi, you'll want to cut it into delicate pieces. Chop it into julienne matchsticks, shred it or thinly slice it. Or, if you're cooking it, you can cut it into coins or wedges.

### How to Enjoy Raw Kohlrabi

Because of its appealing crunch, shaved or shredded kohlrabi is often turned into slaw or tossed into salads.

### Common Ways to Cook Kohlrabi

There are several ways to cook kohlrabi, most of them similar to how you cook potatoes: boiled, steamed, roasted, fried or mashed. Slices and sticks can be stir-fried, and the whole stem can be hollowed out and stuffed with a veggie and rice or meat filling and baked like stuffed peppers.

Kohlrabi greens are the top leaves that shoot off the sides, and they can be cooked like spinach, or thinly sliced and added raw to salads.

