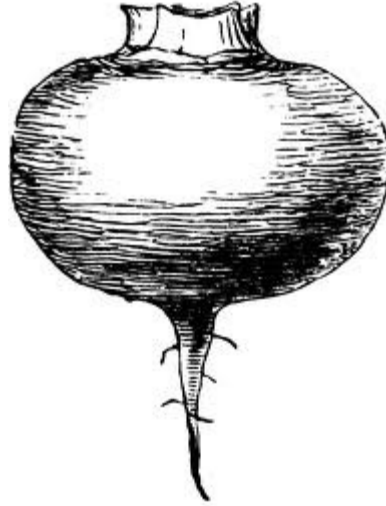


# Cooking with Turnips

You'll find an abundance of turnips and their rutabaga cousins at local farmers' markets all winter long. Flavor and texture varies from variety to variety so be prepared to try them all! These roots will keep for several months in the fridge, in a plastic bag or in your crisper drawer.



## Grated Turnip, Apple, and Carrot Salad

*Recipe source: Adapted from justvegetablerecipes.com*

2/3 cup grated carrot	2 tablespoons fresh lemon juice
2/3 grated cup apple	1 tablespoon olive oil
2/3 grated cup turnip	1 teaspoon honey
	Salt and pepper to taste

Combine grated carrot, apple, and turnip in a medium-sized bowl. Mix dressing ingredients well. Drizzle bowl contents with enough dressing to lightly coat, and chill.

## Turnip/Rutabaga Soup

*Recipe source: Adapted from "Gilfeather Turnip Soup" at [www.petesgreens.com](http://www.petesgreens.com)*

5-6 Tbsp butter  
3 large onions, chopped  
1 clove garlic, minced  
5-6 cups unsalted chicken stock  
2 lbs. turnips or rutabagas (or both) peeled and chopped  
2/3 cup half and half  
scant 1/4 tsp nutmeg, ground  
salt and pepper to taste  
A few handfuls of fresh spinach

Melt butter in 5 quart kettle and sauté chopped onion and garlic until soft but not browned. Add stock and chopped turnips and cook until tender. Drain and reserve some of the liquid. Puree mixture in food processor until smooth. Put through a food mill or sieve and return to kettle. Add seasonings and half and half. Mix well. Taste and adjust seasonings, if necessary. Add reserved cooking liquid if soup is too thick. Sauté spinach in a small amount of olive oil until just wilted. Use spinach as a garnish on top of the soup before serving.

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## Finnish Rutabaga Pudding

*Recipe source: Adapted from The Vegetarian Hearth: Recipes and Reflections for the Cold Season, by Darra Goldstein*

- 2 1/2 pounds rutabagas
- 2 eggs
- 1/2 cup milk
- 1/2 tsp salt
- 1/2 tsp freshly grated nutmeg
- Dash allspice
- 3 Tbsp all-purpose flour
- 1 Tbsp unsalted butter, softened
- 2 Tbsp bread crumbs



1. Preheat oven to 350. Butter a 1½-quart soufflé dish.
2. Peel and cube the rutabagas, and boil in salted water to cover until soft, 25 to 30 min.
3. Drain and mash by hand. Beat in eggs 1 at a time, then add milk, salt, spices, and flour.
4. Turn mixture into soufflé dish. With a fork, mash together the butter and bread crumbs and spread over the top of the rutabaga mixture. Bake, uncovered, for 1 hour, until lightly browned. Serves 6 to 8.

## Skillet Turnips with Potatoes and Bacon

*Recipe source: Bon Appetit, October 2010*

- 1 Tbsp red wine vinegar
- 1 Tbsp sugar
- 2 Tbsp extra-virgin olive oil
- 8 ounces thick-cut bacon slices, cut crosswise into 1-inch pieces
- 1 medium onion, thinly sliced
- 4 large garlic cloves, peeled, crushed
- 1 1/2 pounds turnips, peeled, cut into 1-inch chunks
- 1 1/2 pounds white-skinned potatoes, peeled, cut into 1-inch chunks
- 1 tsp coarse sea salt
- 1 Tbsp chopped fresh Italian parsley

Mix 1/4 cup water, vinegar, and sugar in small bowl. Combine oil and bacon in heavy large skillet; sauté over medium-high heat until fat is rendered, 3 to 4 minutes. Add onion and garlic; sauté until onion is golden, about 5 minutes. Add turnips and potatoes; sprinkle with 1 teaspoon sea salt and toss 5 minutes. Reduce heat to medium-low, cover, and cook until vegetables are almost tender, stirring and turning vegetables occasionally, about 15 minutes.

Push vegetables to 1 side of skillet. Pour vinegar mixture into cleared space. Toss vegetables with vinegar mixture. Spread vegetables in even layer in skillet; cook until golden and slightly crisp on bottom, about 4 minutes. Turn vegetables over; spread in even layer and cook until browned and slightly crisp on bottom, about 4 minutes. Continue to turn, spread, and cook vegetables until tender, golden, and crisp around edges, 7 to 8 minutes longer. Season with more sea salt and black pepper. Transfer to bowl. Sprinkle with parsley.