

German Food Guide

The complete online guide to German food in America

Kohlrabi, überbacken (Baked, Stuffed Kohlrabi)

Number of Servings: 4

Ingredients

4 [Kohlrabi](#) (evenly sized)
4 1/4 cups (33 fl oz) Chicken or Vegetable Broth
1/2 lb (250 g) Ground Beef or other meat of preference
4 slices Bacon
1 small Onion, finely chopped
1 Egg Yolk
2 tablespoons [Flour](#)
3 tablespoons Butter
1 cup shredded Emmentaler, Gruyere, or Swiss Cheese
Salt and Pepper (to taste)

Instructions

Preheat oven to 400°F (200° C).

Wash and peel kohlrabi. Remove leaves, if any.

Boil kohlrabi in broth for 20 minutes. Remove from heat. Remove kohlrabi from broth, but do not discard the broth. The broth will be needed for the sauce, so set it aside for later.

Cut off the tops of the kohlrabi and carve out the centers. Chop up the centers and set aside.

Cut bacon into small pieces. In a frying pan, start frying the bacon. Add onions and cook together until onions become transparent. Remove from heat. Add onions and bacon to a large bowl. To this, add ground beef (or ground meat of your choice), egg yolk, half of the cheese, salt, pepper, and chopped up kohlrabi pieces (centers you carved out from the whole kohlrabi). Mix together. Fill each kohlrabi with the meat filling.

Grease a casserole dish with a butter, then place stuffed kohlrabi into casserole dish. Cover kohlrabi with remaining cheese. Bake for 20-30 minutes.

To the broth (that the kohlrabi were boiled in), add butter and flour. Bring it up to a simmer, stirring constantly. Continue until mixture has thickened some. Turn off heat.

When kohlrabi are finished baking, remove from the oven. Plate the kohlrabi and pour sauce over each. Serve immediately.

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Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce

From the Ivy Manning collection

1 large bunch kohlrabi with greens

1 tsp. toasted sesame oil

Good-quality soy sauce, to taste

Shichimi, to garnish (see note)

Tear the leaves away from tough ribs and stems. Bring a pot of water to a boil, add the kohlrabi leaves, and boil until tender, 1 to 3 minutes, depending on the age of the leaves. Fish out a leaf and taste it after 1 minute to determine cooking time. Drain the greens in a colander and push on them with a spatula to remove as much water as possible. Roughly chop the cooked greens and place them on a serving plate. Toss with the sesame oil and soy sauce to taste. Sprinkle with shichimi and serve as a side dish with rice and steamed fish or a meat stir-fry.

Notes: Shichimi is a Japanese condiment made from sesame seeds, nori seaweed, and red chile flakes. It is available at most Asian grocery stores, or you can substitute toasted sesame seeds and a sprinkle of sea salt.

Kohlrabi Puree

adapted from The New Basics Cookbook

www.farmgirlfare.com

- 4 Kohlrabi bulbs with leaves
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 ounces mushrooms, quartered
- 3 tablespoons cream (or milk, chicken stock, olive oil)
- Salt and pepper to taste

Trim the kohlrabi bulbs, peel if necessary. Rinse the leaves, pat dry and coarsely chop. Set aside, cut the bulbs into 1 inch chunks. In a saucepan of lightly salted water, add chunks and bring to a boil, then simmer until tender, about 15 minutes.

Heat olive oil in skillet, add onion and sauté until softened. Add garlic and cook for a minute or two. Do not let garlic brown. Add mushrooms and leaves - cover and cook 5 minutes. Uncover and cook until liquid has evaporated. Set aside.

Drain kohlrabi and put in food processor, add mushroom mixture and cream. Puree until smooth. Salt and pepper to taste. Transfer to pan and reheat for 2 minutes over low heat.

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Kohlrabisalat mit Gurken, Möhren, und Tomaten (Kohlrabi Salad with Cucumbers, Carrots, Tomatoes)

Number of Servings: 4

Ingredients

1 [Kohlrabi](#)
2 large Carrots
1 Cucumber
2 firm Tomatoes
2 tablespoons chopped Parsley
2 cloves Garlic, pressed
1/2 tablespoon fresh or dried Thyme
3 tablespoons Vegetable Oil
2 tablespoons Lemon Juice
Salz und Pfeffer

Instructions

Wash and peel the kohlrabi. Cut into thin strips.

Wash and peel carrots. Cut into thin strips.

Peel cucumbers. Cut into thin strips.

Wash tomatoes and cut into strips.

Add all vegetables and parsley to a large bowl and mix together.

Combine remaining ingredients into a salad dressing. Pour over salad and toss until the sauce is evenly distributed.

Kohlrabi Fritters

honestcooking.com

This crispy fritters are gluten free and vegan and can be served as an appetizer or as a side dish.

1 medium kohlrabi, peeled and coarsely shredded
4 scallions (or green onions), sliced in 1/4 inch pieces, include green tops
1/2 teaspoon paprika
1 teaspoon ground cumin
1 teaspoon black mustard seeds
1/2 teaspoon kosher salt
1/8 teaspoon cayenne pepper
1 cup (100gr) chickpea flour, (besan)
1/3 cup (75gr) water
Vegetable oil for frying

Squeeze kohlrabi to remove the excess water. Combined kohlrabi, scallions, paprika, cumin, black mustard seeds, salt and cayenne pepper and set it aside. Slowly stir in enough water to chickpea flour to form thick paste. Add paste to kohlrabi mixture and stir until combined. Cover and set aside, at room temperature, for half an hour to develop flavor. Pour vegetable oil, about 1/2-inch (1cm) deep, into medium, frying pan, heat over medium heat until tiny bubbles form on the tip of a chopstick submerged in the oil. Form fritters using two teaspoons. Flatten fritters slightly, lower gently into hot oil, fry for two minutes, turn and fry on other side for two minutes more.

Drain fritters on paper towel, sprinkle with salt and serve with plain yogurt for dipping.

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Maultaschen mit Kohlrabi - Füllung (Pasta Stuffed with Kohlrabi)

Number of Servings: 6

Ingredients

For the Pasta Dough

2 1/2 cups All-Purpose [Flour](#), sifted
2 Eggs
1/2 teaspoon Salt
Water

For the Filling

1 [Kohlrabi](#)
2 Kohlrabi Leaves, green and fresh
1 small Onion, finely chopped
4 Sun-Dried Tomatoes (in oil)
1 Clove Garlic
1 tablespoon Pine Nuts
2 stems Sage
4 slices Bacon, cut into small pieces
5 tablespoons Butter
Salt
Pepper

Instructions

To make the pasta dough, combine flour, eggs, and salt. Slowly drizzle in just enough water until the dough holds together. Knead dough until it becomes soft and elastic. Wrap dough in plastic wrap and refrigerate for 30 minutes.

Wash and peel kohlrabi. Cut into tiny cubes. Cut the leaves of the Kohlrabi into small strips.

Chop sun-dried tomatoes into tiny cubes. Chop pinenuts into tiny pieces.

Melt 2 tablespoons butter in a frying pan. Add chopped onions and cook until golden brown. Remove cooked onions from the pan and allow to cool.

Using the same frying pan, melt remaining butter. Add bacon pieces and cook until crispy. Remove bacon from pan (leaving all the grease in the pan) and add to onions. Add the kohlrabi cubes and kohlrabi leaf strips to the pan and cook in the bacon grease until soft. Add garlic and sage and cook for another 2 minutes. Remove from heat.

Combine the kohlrabi, kohlrabi leaves, onions, sun-dried tomatoes, pinenuts, and bacon. Add salt and pepper to taste.

Fill a small bowl with water. On a floured work surface, thinly roll out the dough. Using a cookie or biscuit cutter, cut out round pieces. Place some filling on one side of a dough-round. Dip your finger in the water and gently moisten the edge of the dough. Fold empty side over the side with the filling and gently press edges together. Repeat with all dough-rounds.

In a large pot, bring salt water to a boil. Add pasta to boiling water. When they come to the top of the water, reduce heat and cook them for another 10 minutes. Remove pasta from water and serve with melted butter or a sauce.

[More Information on Maultaschen](#)

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