

Buttered Kohlrabi Steak with Mushroom Goat Cheese Gratin and Grilled Mann's Broccolini®

SERVES: 4
PREP TIME: 25 MINS
COOK TIME: 50 MINS

MUSHROOM GRATIN

IMPERIAL		METRIC
3 ea	Portabella Mushrooms	3 ea
3 sprigs	Rosemary	3 sprigs
2 fl oz	Olive Oil	60 ml
1.5 cups	Goat Cheese (chevre)	350 g
1 tsp	Thyme, fresh picked	5 g
2 tsp	Parsley chopped	10 g

METHOD

- Place the mushrooms on a sheet of aluminum foil along with rosemary and olive oil. Wrap tightly and cook in oven 350f (180c, Gas mark 4) for 40 mins
- In a medium bowl mix the goat cheese, thyme, parsley and diced mushrooms

This is your topping for the Kohlrabi steaks and can be made up to 3 days in advance.

KOHLRABI

IMPERIAL		METRIC
1 ea	Jumbo Kohlrabi	1 ea
4 oz	Butter	115 g
	Salt & Pepper	
1 bunch	Mann's Broccolini®	1 bunch
2 floz	Olive Oil	60 ml

METHOD

- Peel and slice Kohlrabi into 4 steaks
- Place steaks in a pan of cold salted water, bring to a simmer and cook for 12 mins, refresh (can be prepared up to 3 days in advance)
- Season Kohlrabi with salt and pepper
- Place on hot grill with a knob of butter atop each steak, cook 4-5 mins
- Turn and repeat
- Top steaks with cheese and mushroom mixture
- Place under broiler until a golden brown (approx. 3 mins)
- Toss blanched Broccolini® with olive oil and salt, lightly grill

All recipes created by Chef Tony Baker for Mann Packing Company, Inc. 2015

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THE CHEF'S GUIDE TO JUMBO KOHLRABI

Kohlrabi is a member of the increasingly popular brassica oleracea family of vegetables. This family of vegetables has become the center of culinary trends. It includes the standbys broccoli and cabbage; the "rediscovered" vegetable cauliflower; the established celebrity Broccolini®; and the newest rock stars, kale and brussels sprouts.

Mann's Jumbo Kohlrabi is a special variety grown to a much larger size than what is currently in the market. This variety presents a much higher yield opportunity for useable product than traditional bunched, without sacrificing the crisp texture and peppery flavor similar to other brassicas, but milder and with a sweetness like that of jicama or even apple.

PRODUCT SPECIFICATIONS

Item	Jumbo Kohlrabi
Pack Size	12 count
Mann's Code No.	00137
Package Dimensions (L x W x H)	19.875 x 13.125 x 8.063
Cartons/Pallet	70
Carton Tie/High	7/10
Carton Cube Wt. (lbs)	1.2171 sold by count



Vegan Pho with Kohlrabi Noodles



The Jumbo variety opens up possibilities for menu applications not currently possible with smaller varieties. Thick cut steaks, paper thin carpaccio, long cut fries, and spiral cut “faux pasta” are just some of the new ideas coming from chefs using this item.

Kohlrabi is one of the few vegetables that is equally appealing raw or cooked. Raw usage delivers a crunchy, slightly sweet experience. Its relatively mild flavor when cooked makes it the perfect complement to a diverse set of cuisines. It can even be used as a low carb alternative to potatoes in certain dishes.

Kohlrabi, like many of its Brassica brethren, is pretty darn good for you. The vegetable is very high in vitamin C and fiber, and is a good source of vitamin B6 and potassium, too. It’s also fairly high in minerals, including copper and manganese.



Kohlrabi featured in different cuts.



Kohlrabi Fries

SERVES: 2
PREP TIME: 25 MINS
COOK TIME: 3 MINS

IMPERIAL		METRIC
1 lb	Kohlrabi	500 g
4 cups	Milk	1 l
4 cups	Buttermilk	1 l

For the seasoned flour mix

2 cups	Flour - all purpose	500 g
1 cup	Potato Starch	250 g
1 cup	Rice Flour	250 g
½ cup	Paprika, Spanish	125 g
½ cup	Garlic Powder	125 g
½ cup	Black Pepper	125 g
½ cup	Salt, kosher	125 g
2 tsp	Cayenne Pepper	10 g

METHOD (SEASONED FLOUR):

- Combine all ingredients and mix thoroughly

METHOD (FRIES):

- Peel and cut Kohlrabi into fries 3/8 inch thick (a fry making machine can be used or cut by hand)
- Place Kohlrabi fries into a saucepan and cover with cold milk
- Bring milk up to a gentle simmer and cook until tender approx. 12 minutes
- Allow the fries to cool in milk
- Transfer the fries to buttermilk and store in the buttermilk until ready to use (up to 3 days)
- Prepare fryer at 370f
- Dredge the Kohlrabi in the seasoned flour, ensure a liberal coating
- Place directly into hot oil and cook until golden
- Serve immediately with a dip (Romesco, Chimi Churi, Charmoula, flavored Aioli, etc)

Kohlrabi with Tomato and Sorrel Cream

SERVES: 2
PREP TIME: 15 MINS
COOK TIME: 15 MINS

IMPERIAL		METRIC
1 lb	Kohlrabi	500 g
6 cups	Water	1.5 l
2 ea	Tomatoes	2 ea
6 ea	Sorrel, large leaves	6 ea
2 ea	Shallots, diced	2 ea
1 ea	Garlic clove	1 ea
1 fl oz	Oil	30 ml
.25 cup	White Wine Vinegar	60 ml
.5 cup	White Wine	120 ml
1 cup	Heavy Cream	250 ml
	Salt and Pepper	

METHOD

- Peel and dice Kohlrabi in 3/8 inch (1 cm) dice cuts
- Blanch by bringing to a simmer in salted water for 8-10 minutes, cool and set aside
- Core and blanch tomatoes by placing into boiling water for 10 seconds, peel, deseed and dice the same size as the kohlrabi, set aside
- Wash and chiffonade sorrel (only moments prior to using)
- Add Kohlrabi, tomatoes and sorrel to the cream sauce
- Check seasoning and serve immediately

METHOD (WHITE WINE CREAM)

- In a saucepan, gently sweat the shallots and garlic (low heat-no color)
- Add Vinegar and reduce by half
- Add Wine and reduce by half
- Add Cream and reduce until it thickens to sauce consistency
- Season cream sauce with salt and white pepper



Shrimp Tacos with Kohlrabi Slaw

SERVES: 4
PREP TIME: 15 MINS
COOK TIME: 5 MINS

IMPERIAL		METRIC
1 ea	Kohlrabi	1 ea
8 ea	Corn Tortillas	8 ea
1 lb	16/20 Shrimp P&D	500 g
1 tsp	Garlic, chopped	5 g
½ bunch	Cilantro	½ bunch
1 tsp	Sambal Oelek	5 g
4 ea	Green Onions	4 ea
2 ea	Limes, juiced	2 ea
2 fl oz	XVOO	60 ml

CHIPOTLE MAYONNAISE

1 Tbl	Chipotle	15 ml
1 cup	Mayonnaise	250 ml
1 ea	Lime, zest and juice	1 ea

METHOD (MAYO)

- Combine all ingredients

METHOD

- Peel kohlrabi and slice ‘julienne’ on a Japanese mandolin
- Toss with sambal, cilantro, lime, green onion and oil
- Heat the tortillas on a burner, solid top or grill
- Sauté the shrimp with oil, garlic salt and pepper
- Place shrimp in taco, add chipotle mayo
- Top with generous amount of Kohlrabi slaw

