

# Recipes for the Transfiguration CSA 2008 Growing Season

|  |    |
|--|----|
| Arugula Salad with Walnuts                       | 2  |
| Cooked Beets                                     | 2  |
| Beet Ideas                                       | 2  |
| Dressed Baked Beets                              | 2  |
| Pasta with Broccoli Raab, Mushrooms and Pecorino | 3  |
| Cavatelli with Broccoli Raab                     | 3  |
| Broccoli with Garlic and Red Pepper              | 4  |
| Steamed Nappa Cabbage with Green Pepper          | 4  |
| Carrot and Turnip Side Dish                      | 4  |
| Carrot and Turnip Gratin                         | 5  |
| Garlic Scape Ideas                               | 5  |
| Garlic Scape Pesto                               | 6  |
| Fried Garlic Scapes                              | 6  |
| Garlic Scape Dip or Dressing                     | 6  |
| Spinach and Garlic Scape Frittata                | 6  |
| Garlic Scape Soup                                | 7  |
| Stir-fried Asian Greens                          | 7  |
| Garden Spring Salad (Greens)                     | 7  |
| Mixed Green Salad and Vinaigrette                | 8  |
| Harukei Turnips Ideas                            | 8  |
| Kohlrabi with Peas and Potato                    | 8  |
| Kohlrabi, Carrot & Parmesan Gratin               | 9  |
| Komatsuna Ideas                                  | 9  |
| Sautéed Komatsuna with Basil                     | 9  |
| Couscous with Spicy Leeks and Tomatoes           | 10 |
| Wok Sautéed Mizuna with Minced Chicken           | 10 |
| Radish Salad                                     | 11 |
| Radish Salad with Lemon Dressing                 | 11 |
| Rhubarb Pie                                      | 11 |
| Garlic with Spinach                              | 12 |
| Spinach and Black Bean Pasta                     | 12 |
| Pasta, Spinach and White Beans                   | 12 |
| Stir-Frying Tips                                 | 13 |
| Tat Soi Ideas                                    | 13 |
| Tat Soi, Egg, and Bacon Salad                    | 13 |
| Chunky Chicken and Rice Soup with Turnips        | 13 |
| Crunchy Lima Beans with Turnips                  | 14 |
| Creamy Turnip, Rutabaga and Potato Soup          | 15 |
| Julienned Turnips in Warm Vinaigrette            | 15 |
| Visual Glossary                                  | 16 |

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## Arugula Salad with Walnuts

1 cup hot water  
2 tbsp parsley, fresh, chopped  
2 oz gorgonzola cheese  
1/4 cup walnuts, coarsely chopped  
sea salt and black pepper to taste  
1 tbsp olive oil  
1 tbsp lemon juice  
2 cloves garlic, pressed  
1 bunch arugula  
2 tbsp vinegar  
1/2 onion, thinly sliced

Press garlic and let sit for 5 minutes. Slice onion thin and soak in hot water and vinegar while preparing rest of salad. Whisk together the dressing ingredients, adding olive oil at the end, a little at a time. Wash and dry arugula. Squeeze out excess liquid from onions. Combine onions and arugula and toss with dressing. Sprinkle salad with walnuts just before serving. Top with cheese.

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## Cooked Beets

Cook beets until tender when pierced with a knife. Slip off the skins when cool enough to handle. Cut them into wedges or rounds and toss with a little butter or olive oil, salt, and freshly milled pepper. Serve with lemon wedges or a cruet of vinegar.

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## Beet Ideas

Preheat oven to 400°. Trim roots and stems to 1/2", do not cut beets further! Do not wash beets! If there is dirt that bothers you, wipe it off with a paper towel; moisture will cause the beets to steam and that is not what you want. Place beets in a casserole, cover with the lid and seal the entire casserole tightly with foil; bake at 400° for 60-90 minutes. When beets are cool enough to handle, remove the roots and skins; if you're using the beets whole leave the tails on, otherwise remove them; the skin can be easily slipped off with your fingers. Beets are ready to be used in any recipe calling for cooked beets or try one of the two listed here.

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## Dressed Baked Beets

*Serves 3-4*

3-4 medium unpeeled unwashed whole beets  
1 1/2-2 tablespoons butter, melted  
1/2-1 teaspoon sugar

Put the skinned beets, whole, diced or sliced in a saucepan or skillet; add the butter, sugar, salt and pepper; heat and serve.

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## **Pasta with Broccoli Raab, Mushrooms and Pecorino**

*Serves 4*

8 ounces spaghetti or linguine  
2 tablespoons olive oil  
2 medium garlic cloves, minced  
6 ounces cremini or portobello mushrooms, sliced  
1/2 pound broccoli raab (rapini), cut into 1-inch pieces  
3/4 cup chicken broth, reduced-sodium preferred, plus additional if needed  
Salt and freshly ground black pepper to taste  
Pinch of dried red pepper flakes  
1/2 cup of grated pecorino cheese (for garnish)

Bring large pot of water to boil on high heat. Cook pasta al dente, according to package directions. Drain. Meanwhile, heat oil in Dutch oven or large deep skillet on medium heat. Add garlic and cook, stirring, about 20 seconds (do not brown). Add mushrooms and cook, stirring frequently, until browned and all liquid evaporates. Remove mushrooms from pan and set aside. Return pan to heat. Add rapini and broth. Bring to boil on high heat. Reduce heat to medium-low, cover and simmer until rapini is tender, about 8 minutes (add more broth, if needed). Remove lid; add mushrooms and stir. Add salt, pepper and red pepper flakes. Stir and taste. Adjust seasoning as needed. Add drained pasta and toss until heated through. Top each with pecorino cheese.

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## **Cavatelli with Broccoli Raab**

1lb fresh broccoli raab  
1lb frozen cavatelli or tortellini  
3 tbsp olive oil  
5 minced garlic cloves  
juice of 1/2 lemon  
salt and pepper to taste  
red pepper flakes (optional)  
grated Parmesan cheese

Bring a pot of water to boil. Rinse, then chop stems, florets and leaves of raab into 2inch pieces, When water boils, place raab into a heat safe steamer basket or colander, submerge in boiling water for 3 minutes. Set aside to drain. Stir cavatelli/ tortellini into boiling water, cover pot until water comes to a boil, then uncover pot. Heat oil in a skillet and sauté garlic for 1 minute. Stir in raab, lemon juice, and salt and pepper. Add red pepper flakes, sauté until greens are tender, cover and set aside. When cavatelli/ tortellini is al dente, toss with greens, add cheese if desired.

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## Broccoli with Garlic and Red Pepper

Large bunch broccoli, trimmed into large florets with stems attached  
3 tbs olive oil  
2 thinly sliced garlic cloves  
¼ tsp pepper flakes  
salt & fresh pepper  
parmesan, thinly shaved

Steam or boil broccoli. Warm olive oil w/ garlic in large skillet until garlic begins to color. Add pepper flakes, broccoli, salt & pepper. Sauté until heated through. Turn into a dish & cover with parmesan shavings.

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## Steamed Nappa Cabbage with Green Pepper

2 lb thinly sliced cabbage  
½ tsp. ground black pepper  
¼ cup cider vinegar  
1 tbsp brown sugar  
½ tsp crushed red pepper  
¼ tsp salt,  
1 thinly sliced green pepper

Combine vinegar, brown sugar, black pepper and red pepper, salt and ¼ cup water in a saucepan. Bring to boil, cook on high heat for 4 or 5 minutes. Pour 1 inch of water into a large pot. Place a vegetable steamer in the pot; bring the water to a boil. Put sliced cabbage and pepper into the steamer, cover the pot, and steam the vegetables for about 3 minutes. Put the vegetables in a serving bowl; pour sauce (vinegar, sugar, etc.) over veggies through a strainer. Mix, and let sit for 5 minutes before serving.

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## Carrot and Turnip Side Dish

*From <http://fooddownunder.com>*

Carrots, sliced  
Turnips, diced  
Celery, sliced  
Garlic, chopped  
Onion, chopped  
Chicken stock

As a savory side dish for baked fish or grilled chicken, pair sliced carrots with turnip cubes, sliced celery, chopped garlic and onion. Simmer the vegetables, covered, in chicken stock until they are tender. Uncover the pan and cook until the liquid is reduced to a glaze before serving.

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## Carrot and Turnip Gratin

*From <http://fooddownunder.com>*

¾ lb carrots, peeled and shredded  
¾ lb turnips, peeled and shredded  
½ cup thinly sliced scallion greens (not bulb)  
2 Tbsp minced fresh parsley  
4 Tbsp cornstarch  
2 cups milk  
½ cup heavy cream, half-and-half, or additional milk  
1 large egg  
salt & freshly ground black pepper  
½ cup freshly grated Parmesan cheese  
1 Tbsp cold unsalted butter, cut into pieces

Butter a shallow 1½ quart baking dish or a 10-inch round or oval gratin dish and set aside. In a large mixing bowl, toss together carrots, turnips, scallion greens, parsley and 3 tablespoons of cornstarch. Spread vegetable mixture in prepared pan, pressing and smoothing it into place. In a small saucepan, dissolve remaining cornstarch in ¼ cup of the milk. When completely dissolved, add cream and remaining milk. Bring to a boil over moderately high heat, whisking constantly. Reduce to moderate heat. In a medium mixing bowl, beat the egg with a fork and season with salt and pepper. Add egg to milk mixture in slow, steady stream until combined. Pour this hot custard over the vegetable mixture in the gratin dish. Sprinkle top evenly with Parmesan cheese. (Gratin can be prepared 24 hours ahead to this point and refrigerated.) Dot gratin with butter and bake in the middle of a preheated 375F oven for 45 minutes, or until it is bubbling through a golden crust. Let gratin stand 10 minutes before serving to crisp crust and allow custard to set.

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## Garlic Scape Ideas

*From Via Lugene Bradley, from Honey Hill Farm (Livonia NY) Garlic Scape Recipes*

Steam or blanch for 1-2 minutes and serve in dishes instead of asparagus.

Add to quiche or omelettes.

Stir fry with vegetables.

Add raw to salads.

Add to mayonnaise to add zip to sandwiches.

Eat as you would spring onions.

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## Garlic Scape Pesto

*From maryjanesfarm.com/SimplyMJ*

1 cup grated Parmesan cheese  
3 Tbsp. fresh lime or lemon juice  
1/4 lb. scapes  
1/2 cup olive oil  
Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

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## Fried Garlic Scapes

*From dakotagarlic.com*

Cut scapes to green bean size and saute them in butter and salt for six to eight minutes. During the last minute of cooking add about 1 tsp. of balsamic vinegar.

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## Garlic Scape Dip or Dressing

*Via Lugene Bradley, from Honey Hill Farm (Livonia NY) Garlic Scape Recipes*

1 cup mayonnaise  
1 cup sour cream  
4 garlic scapes finely chopped  
1½ tablespoons dill weed  
2 tablespoons white vinegar

Mix all ingredients, thin to desired consistency with milk. Use on salad or as vegetable dip.

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## Spinach and Garlic Scape Frittata

*Adapted from dakotagarlic.com*

3 Tbsp. olive oil  
10 eggs  
1 cup (1/2 lb.) chopped raw spinach  
1/2 c. grated Parmesan cheese  
1 Tbsp. chopped parsley or basil  
1/2 c. finely chopped garlic scapes  
salt and pepper to taste

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

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## Garlic Scape Soup

*Serves 4*

3 cups garlic spears, cut into 2-inch pieces  
1 medium onion, chopped  
1 tbsp olive oil  
1/2 tsp dried thyme  
3 cups chicken broth  
1 cup cream  
salt and pepper to taste

Sauté the garlic spears and the onion in the olive oil over medium heat until vegetables are soft. Add the thyme at the end. In food processor, purée carrots and add chicken stock as needed to make a smooth paste. In saucepan, heat the carrot mixture and add the remaining chicken broth. Bring to a simmer and add the cream. Adjust the seasoning.

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## Stir-fried Asian Greens

1 ½ cups chicken broth  
1 tbsp cooking sherry  
1 tbsp soy sauce  
¼ tsp sugar  
¼ tsp salt  
1 tbsp peanut or olive oil  
3 scallions, cut into 1 inch lengths  
1 tbsp minced garlic  
1 tsp minced fresh ginger  
1 lb broccoli raab or any Asian green cut into 3 inch pieces  
1 tsp cornstarch mixed with 1 tbsp cold water

Combine broth, sherry, soy sauce, sugar, and salt in a small bowl. Set wok over high heat, add oil and swirl to coat. Add scallions, garlic, and ginger for 30 sec. Add broccoli raab, stir-fry for 2 minutes. Add the water cornstarch sauce to the bowl, bring to a boil, cover and simmer for 3 minutes. Add liquid mixture to the wok and stir-fry until the sauce thickens, serve hot.

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## Garden Spring Salad (Greens)

*Serves 4*

2 cups greens (arugala, komatsuna)  
1 cup thinly sliced radishes  
1 thinly sliced yellow bell pepper  
4 thin asparagus, lightly steamed & sliced 2 in lengths  
1 cucumber, very thinly sliced  
4 cups garden greens (Lettuce, spinach)  
vinaigrette

Mix the greens, radishes, bell pepper, asparagus, cucumber, and enough Vinaigrette to moisten. Line plates with the garden greens and top with the tossed veggie mixture serve more vinaigrette on the side.

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## Mixed Green Salad and Vinaigrette

Mizuna, lettuce, spinach, and/or arugula, washed & roughly chopped

1 garlic clove

1 tsp salt

3 Tbs red wine vinegar

1 tsp wet mustard

5 Tbs olive oil

Fresh black pepper

Press garlic into bottom of salad bowl. With fork, mix well with salt until it forms a paste. Mix in vinegar & mustard until salt is dissolved. Whisk in olive oil to make an emulsion. Add black pepper to taste. Toss with mixed greens.

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## Harukei Turnips Ideas

Harukei turnips are best eaten raw, either sliced into a salad or eaten out of hand.

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## Kohlrabi with Peas and Potato

½ cup chopped onion

1 clove minced garlic

½ tsp dry mustard

½ tsp ground cumin

½ tsp ground turmeric

½ tsp ground coriander

1 cup kohlrabi peeled and chopped

1 cup potatoes, peeled and chopped

1 cup chopped tomatoes

½ cup water

¾ tsp salt

½ tsp sugar

finely chopped kohlrabi leaves

½ cup peas

Sautee onion and garlic for 3 to 4 minutes in 1 tbsp oil. Add mustard cumin, turmeric, and coriander for 30 seconds. Add kohlrabi bulbs and potatoes. Add tomatoes, water, salt and sugar, bring to a boil and simmer for 15 minutes. Add kohlrabi leaves and simmer for 8 to 10 minutes more. Add peas, cook until done. Serve over rice.

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## **Kohlrabi, Carrot & Parmesan Gratin**

*Serves 4*

3 medium bulbs Kohlrabi, washed and peeled  
3 medium carrots, thinly sliced  
1/2 cup low-salt canned chicken stock  
1 clove garlic, finely minced  
2 Tbs. extra virgin olive oil  
salt and freshly ground black pepper to taste  
1 cup fresh multigrain bread crumbs  
1/3 cup freshly grated Parmesan.

Heat the oven to 400°F. Peel each Kohlrabi bulb and cut in half. Cut the halves into 2 or 3 wedges each. Place wedges, cut side up, in an 8x8 baking dish. Pour the stock into the dish. Season with salt and pepper. Cover the pan with foil and bake for 30 min. Mix together the garlic, olive oil, bread crumbs and cheese. Uncover and sprinkle the dish with the bread crumb mixture. Continue baking uncovered until the vegetables are tender and the cheese is browned, another 10 minutes.

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## **Komatsuna Ideas**

Komatsuna (Japanese mustard spinach) steams up nicely and with the Chinese Cabbage can be very good in a quick stir-fry.

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## **Sautéed Komatsuna with Basil**

*Serves 4*

2 tsp olive oil  
4 cloves garlic, thinly sliced  
1/3 cup pine nuts  
10 ounces komatsuna leaves  
1/2 tsp salt & 1/4 tsp pepper  
2 cups basil leaves

Heat the oil in a large skillet over medium-low heat. Add garlic and cook for 2 minutes. Add the pine nuts and cook until lightly golden, about 3 minutes. Increase heat to medium and add the spinach, salt, pepper, and 2 tablespoons of water. Cover and cook, tossing occasionally with tongs, until spinach wilts, about 4 minutes. Remove from heat. Add the basil and toss until it wilts, about 1 minute. Serve immediately.

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## Couscous with Spicy Leeks and Tomatoes

*Serves 4 – 6 Modified from the Epicurious Spicy Rice and Kale Recipe*

1 ½ lb leeks, trimmed  
2 tablespoons olive oil  
3 teaspoons fresh lemon juice  
1 ¼ lb canned chopped tomatoes, with juice  
1 garlic clove, finely chopped  
2 teaspoons each of paprika and cumin  
A little salt  
6 oz couscous  
1-2 teaspoons olive oil  
1 tablespoon chopped fresh parsley  
4 oz. Kale (1/2 large bunch) stems removed, coarsely chopped  
2 ¼ cups canned chicken (or veggie) broth  
1 cup white rice  
1 (10oz.) can diced tomatoes well drained  
2 1/2 tbsp creole or cajun seasoning (vary amt. to taste).

Bring broth and seasoning to boil in large saucepan. Stir in rice and kale and bring to boil again. Add tomatoes. Cover and cook on low heat until rice is tenders and liquid is absorbed (20-30 min).

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## Wok Sautéed Mizuna with Minced Chicken

1 large egg white lightly beaten  
1/2 tsp tamari or soy sauce  
2 cloves garlic, minced  
1 lb boneless, skinless chicken breast, minced.

Mix these ingredients, coat the chicken evenly, marinate and refrigerate for 1 hour.

2 tsp canola or peanut oil  
1/3 cup minced carrot  
1/3 cup minced onion  
1/4 cup minced water chestnuts  
1 tsp soy sauce  
1/2 tsp chili paste  
1 tbsp lime juice  
1 pound mizuna, ends trimmed  
1/4 cup minced scallions to garnish

Heat 1 tsp of the canola or peanut oil in a wok or sauté pan over high heat. Sauté the minced chicken for about 4 to 6 minutes, stirring constantly until the chicken is cooked through and appears opaque. Remove the chicken from the pan and reserve. Add the remaining 1 tsp of oil and sauté the carrot, onion, and water chestnuts for 1 minute, stirring constantly. Add the tamari, chili paste, lime juice, and mizuna leaves. Cook until the mizuna has wilted slightly, stirring often. Return the cooked chicken to the pan, and mix well. Garnish with the scallions.

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## Radish Salad

8 large sliced radishes  
8 sliced green onions  
lettuce  
1 tbsp dill seeds  
½ cup olive oil  
¼ cup lemon juice  
1 tsp sugar  
1 tsp mustard  
pepper to taste.

Combine radish, onion, and dill, set aside. Combine remaining ingredients, pour over radish mixture. Cover and chill 2 to 4 hours, remove 30 minutes before serving, stir. Add 6 oz shredded Swiss cheese on top.

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## Radish Salad with Lemon Dressing

5 radishes  
1 large head lettuce  
3 tbsp lemon juice  
1 tbsp minced shallot  
2 tsp sugar  
pepper to taste  
½ cup olive oil

Slice radishes, rip lettuce into bite-sized pieces, combine in salad bowl. Whisk lemon juice, shallot, sugar, pepper and salt, and olive oil. Mix dressing into lettuce and radishes.

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## Rhubarb Pie

6-7 stalks rhubarb, peeled and cut into 1/2 inch thick slices [about 5 cups]  
1/2 tsp fresh squeezed lemon juice  
1 tsp grated lemon rind  
1 ½ cups sugar  
1/3 cup flour  
pinch salt  
2 tablespoons butter, cut into pieces  
1 egg yolk  
1 tsp cold water  
2 prepared 9 inch piecrusts.

Preheat oven to 400 degrees. Place rhubarb, lemon juice and rind in medium nonreactive bowl. In another bowl, combine sugar, flour and salt. Add to rhubarb and mix well. Use one crust to line bottom of ungreased 9 inch pie plate. Prick bottom with fork. Add the rhubarb mixture. Dot with butter. Place the second pie crust on top of the pie. Flute the edges to seal. Combine egg yolk with cold water. Brush mixture over top crust. Prick the top crust with fork to create vents. Bake 20 minutes. Reduce heat to 350 degrees and bake an additional 20 minutes or until the crust is golden brown. Cool slightly and serve.

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## Garlic with Spinach

*From Peacework / GVOCSA [probably from the FoodBook]*

2 Tbs. olive oil  
10 cloves garlic, pureed  
1 Tbs. Butter  
1 1/2 lbs. spinach, trimmed  
juice of 1/2 lemon  
salt & pepper to taste

Puree garlic and olive oil in food processor or with a hand blender. Heat garlic oil mixture in a large skillet over low heat; add spinach and cook until just wilted, about 5 minutes. Remove from heat, sprinkle with salt, pepper and lemon juice; toss well.

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## Spinach and Black Bean Pasta

1 c chopped broccoli  
1 c diced tomatoes  
1 lb rotini  
1 1/2 cups vegetable broth  
2 1/2 cups chopped spinach  
1/2 cup chopped red onion  
1 chopped garlic clove  
1/2 tsp cayenne pepper,  
1 15 oz can of black beans, drained and rinsed,  
2 oz parmesan cheese, grated.

Bring a large pot of water to a boil. Add rotini, cook for 8 to 10 minutes, drain. In a large saucepan over medium heat, bring the vegetable broth to a boil. Reduce heat, and mix in spinach, onion, garlic, cayenne pepper, salt, and pepper. Stir in the black beans and broccoli. Continue to cook and stir 5 to 10 minutes. Stir the tomatoes into the saucepan, and continue cooking 10 minutes, or until all vegetables are tender. Serve over the cooked pasta. Garnish with Parmesan cheese.

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## Pasta, Spinach and White Beans

1 lb pasta  
5 cloves minced garlic  
3 cups diced onions  
3 tbsp olive oil  
large bunch spinach (or any other leafy green)  
28 oz undrained diced tomatoes  
2 16 oz cans cooked white beans  
juice of one lemon  
parmesan cheese

Cook pasta. Sauté onions and garlic until translucent. Wash and coarsely shred greens, stir into onions and garlic until reduced to half the original size. Add tomatoes and juice from the tomato can and beans, bring mixture to a simmer. Add lemon juice just before serving. Ladle onto pasta, top with parmesan cheese.

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## Stir-Frying Tips

Add first- potatoes, sweet potatoes, winter squash, onions, carrots, eggplant, celery, leeks, broccoli, and asparagus.

Add second- cabbage, green beans, cauliflower, broccoli, mushrooms, peppers, summer squash, and zucchini.

Add third- greens (kale, swiss chard, spinach, endive, escarole, bok choy) green peas, snow peas, tomatoes, tofu, bean sprouts, and scallions.

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## Tat Soi Ideas

Tat Soi steams up nicely and with the Chinese Cabbage can be very good in a quick stir-fry.

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## Tat Soi, Egg, and Bacon Salad

1 to 3 bunches of tat-soi

3 hard-boiled eggs, sliced thinly

4 to 6 slices of crisp bacon

French or your favorite dressing

½ red onion or ½ bunch green onions, minced

½ cup mushrooms, sliced

Wash and spin dry spinach, Place in a large serving bowl. Add other ingredients, except dressing. Toss gently. Add dressing to bowl of salad just before serving, or to individual servings.

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## Chunky Chicken and Rice Soup with Turnips

*Makes 10 servings (serving size: 1 cup) From <http://fooddownunder.com>*

8 cups water

3 lb chicken

1 tsp vegetable oil

2 cups chopped leek (about 2 large)

½ tsp dried basil

½ tsp dried thyme

½ dried oregano

3 cups coarsely chopped peeled turnips (about 1 lb)

½ cup uncooked long-grain or basmati rice

2 cups 2% low-fat milk

1 tsp salt

¾ cup shredded low-fat cheddar – extra sharp (3 ounces)

Combine water and chicken in a large Dutch oven; bring to a boil. Reduce heat to medium and cook, uncovered, one hour. Remove from heat. Remove chicken from cooking liquid (broth); place chicken in a bowl and chill for 15 minutes. Remove skin from chicken, and remove meat from bones, discarding skin and bones. Chop chicken into bite-size pieces; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Skim fat from surface; discard. Reserve 6 cups broth. Heat the oil in the pan over medium high heat. Add the leek, basil, thyme, and oregano; sauté 5 minutes or until leek is browned. Add reserved broth, scraping pan to loosen

browned bits. Stir in the turnips and rice; bring to a boil. Reduce heat and simmer for 30 minutes or until turnips are tender. Partially mash turnips with a potato masher. Add chicken, milk, and salt, and cook 5 minutes or until thoroughly heated. Remove from heat and add cheese, stirring until melted.

TIPS: May be frozen up to 2 months. Pour into an airtight container, leaving enough room for expansion (usually an inch or two at the top). To reheat, thaw completely in the refrigerator; then place contents in a saucepan over low heat, adding some liquid if necessary.

Description: “Broth made from a whole chicken with skin; chilled and skimmed.”

NOTES: Partially mashing the tender turnips gives the soup a homey stew-like quality. The vegetable imparts an earthy sweetness to the soup that contrasts with the sharp cheese, although you can use potatoes instead of turnips, if you prefer.

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## **Crunchy Lima Beans with Turnips**

3 oz turnips, sliced ¼ inch thick  
3 oz lima beans, cooked  
2 Tbsp chives, minced  
1 tsp curry  
1 tsp soy sauce  
½ tsp salt  
2 Tbsp soy sauce  
1½ oz walnuts, chopped  
3 oz soybean sprouts

Preheat oven to 375 degrees. Lightly grease 4x8 baking pan with soy oil. Steam turnips. Combine lima beans, chives, curry, soy sauce, salt and soy oil in a blender with 2 ounces water. Purée until smooth. Combine all ingredients together and mix well. Transfer to baking pan and cook for 15 minutes.

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## **Creamy Turnip, Rutabaga and Potato Soup**

*Makes 2 quarts*

Vegetable cooking spray  
1 cup finely chopped onion  
½ cup chopped celery  
3 cups chopped peeled turnip (1 pound)  
3 cups chopped peeled rutabaga (1 pound)  
2½ cups chopped peeled red potato (1 pound)  
31½ oz low-salt chicken broth (3 cans)  
1 tsp salt & 1/8 tsp pepper  
1/8 tsp ground nutmeg  
½ cup nonfat sour cream

Coat a large Dutch oven with cooking spray, and place over medium heat until hot. Add onion and celery; sauté 4 minutes or until tender. Add turnip, rutabaga, potato, and chicken broth; stir well. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until the vegetables are tender. Place half of turnip mixture in a blender, and process until smooth. Pour into a bowl, and repeat procedure with remaining turnip mixture. Return purée to pan, and add salt, pepper and nutmeg. Cook over low heat until thoroughly heated. Ladle into individual soup bowls; top with sour cream.

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## **Julienned Turnips in Warm Vinaigrette**

3 turnips peeled and julienned  
3 tbsp lime juice  
1 tbsp raspberry vinegar  
1 tsp olive oil  
½ tsp honey  
½ tsp ground coriander  
1/8 tsp salt & freshly ground black pepper  
1 zucchini julienned  
¼ cup sliced radishes

Combine lime juice, raspberry vinegar, olive oil, honey, ground coriander, salt, pepper, heat over low heat. Pour 1 inch of water into a large saucepan, put a vegetable steamer in the saucepan and bring water to boil. Steam turnips for 1 minute; add zucchini and radish, steam for 1 minute more. Bring vinaigrette to a boil; pour over vegetables in a serving dish.

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## Visual Glossary



Mizuna



Tat soi



Komatsuna



Broccoli Raab (Rabe) / Rapini



Chinese cabbage



Simpson lettuce



Red Sails Lettuce