

Kohlrabi Slaw

3 medium kohlrabi, peeled, grated
1/3 purple cabbage, shredded
2 carrots, grated
1/2 red onion, grated
1/4 cup golden raisins
1 tbsp. sugar
1 tsp salt
1 tbsp. cider vinegar
4 tbsp. chopped cilantro
1/4 cup mayonnaise (or more, if you like)

Combine all ingredients in a bowl and mix well. Chill for several hours before serving.

Roasted Kohlrabi

2 lbs. kohlrabi, peeled and cut into large chunks
1 Tbsp. olive oil
1 Tbsp. minced garlic
Salt and pepper to taste
Balsamic vinegar

Set oven to 450F. Toss the pieces of kohlrabi with olive oil, garlic and salt in a bowl. Spread evenly on a rimmed baking sheet and put into oven and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with balsamic vinegar

Kohlrabi Curry

- 1 whole Kohlrabi, Diced
- 2 teaspoons Olive Oil, Divided
- 2 Tablespoons Minced Garlic, Divided
- 1 cup Basmati Rice
- 1/2 whole Onion
- 1 whole Tomato
- 1/2 cups Water, Divided
- 1/2 teaspoons Mustard Seeds
- 1/2 teaspoons Cumin Seeds
- 1 Tablespoon Lemon Juice
- 1 teaspoon Curry Powder
- 1 teaspoon Chili Powder
- 1/2 teaspoons Kosher Salt

Preheat the oven to 450 degrees. Toss the kohlrabi with 1 teaspoon of the olive oil and 1 tablespoon of the minced garlic. Spread evenly on a baking sheet. Bake about 20 minutes. In the meantime, cook the basmati rice according to package directions.

Dice the onion and tomatoes. In a medium sauce pan, heat the other teaspoon of olive oil and 1/4 cup of the water. Add in the mustard and cumin seeds. When the seeds begin to sputter, add in the onion and sauté until tender. Then, add in the tomato and cook just until tender. Add in the roasted kohlrabi, along with the lemon juice, curry powder, chili powder, salt, and other tablespoon of the garlic and the remaining 1/4 cup water. Cook on low 8-10 minutes or until the water cooks down. Serve over the rice.

Kohlrabi Fritters

- 1 medium-large zucchini, grated
- 1 spring onion, minced
- small carrots, peeled and grated
- small kohlrabi, leaves removed, peeled and grated
- 1/4 cup chopped parsley
- 1 egg
- 1/4 cup flour
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- tbs. olive oil
- 1 cup low-fat Greek yogurt
- 1/2 tbs. lemon zest
- 1/2 tbs. chopped parsley
- 1 tbs. avocado oil
- 1/8 tsp salt

Kohlrabi Fries

- 1 ½ to 2 pounds kohlrabi
- 1 tablespoon rice flour, chickpea flour or semolina (more as needed)
- Salt to taste
- 2 to 4 tablespoons canola oil or grapeseed oil, as needed
- Chili powder, ground cumin, curry powder or paprika to taste

Kohlrabi Parmesan Bake

- 1 bunch Kohlrabi (about 3 large)
- 2 tablespoons Butter
- 2 tablespoons Olive Oil
- 1 ½ cup Heavy Cream
- 1/3 cup Parmesan
- ½ cup Panko bread crumbs
- 1 small Onion, chopped
- Salt & freshly ground Black Pepper
- 1-2 Kohlrabi Leaves

Combine zucchini, carrots, kohlrabi, and spring onion in a cheese cloth and wring out any excess water. Transfer to a medium mixing bowl.

Add egg, flour, garlic powder, salt and pepper and mix to coat evenly.

Add olive oil to cast iron skillet (or a regular frying pan is OK) over medium-high heat. Once oil is hot enough, drop 1/4 cup of fritter batter into the pan and flatten out with a spatula. Depending on the size of your skillet, cook a few fritters at a time, leaving space in-between. Cook for a 3-5 minutes on each side, or until golden-brown and crispy.

Transfer cooked fritters to a paper towel to absorb some oil. Serve with yogurt sauce.

For the Yogurt Sauce:

Mix yogurt, lemon zest, parsley, avocado oil, and salt until combined. Serve alongside fritters.

Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.

Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.

When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, and then sprinkle right away with the seasoning of your choice. Serve hot.

Remove stalks and leaves from kohlrabi, reserving 1-2 leaves. Peel the kohlrabi and slice horizontally into ¼-inch slices. Chop the leaves, thick stems removed. In a small bowl, mix together parmesan and bread crumbs.

Grease the bottom and the sides of a small casserole dish with olive oil. Place half of sliced kohlrabi in the casserole dish as the first layer. Sprinkle with half the onions and leaves. Season it with salt and pepper. Repeat layers with remaining ingredients.

Pour heavy cream over the top, allowing it to seep down into the cracks. Sprinkle with breadcrumbs mixture over the top. Melt butter and sprinkle over the breadcrumbs.

Bake on 375 degree Fahrenheit preheated oven for 45 minutes to an hour, as oven temperatures vary.