



Kohlrabi Steaks or Cutlets

with tomato, apple, spinach salsa and kohlrabi leaf salad

1 large kohlrabi or 3 medium size kohlrabi, trimmed, leaves reserved

Marinade:

2 Tablespoons olive oil

1 Tablespoon Champagne vinegar, apple cider vinegar or fresh lemon juice

1/2 teaspoons salt or as desired

1/4 teaspoon curry powder

1/8 teaspoon each: ground black pepper, coriander

Dash cinnamon

8 small green onions

Salsa-like Sauce:

1 1/2 cups lamb's quarters, spinach or other greens

1 unpeeled green or golden apple, cored, chopped

1 large tomato, damaged areas removed, chopped

Chopped chives as desired
2 tablespoons olive oil
1 teaspoon sherry or white wine vinegar
1/2 teaspoon salt or as desired
1/8 teaspoon ground black pepper

Salad:

7 to 8 kohlrabi leaves, removed from stems, thinly sliced, about 1 cup
1/4 teaspoon salt or to taste
1 1/2 cups purslane leaves, another hearty green, or mixed lettuce
1 small green or red apple, cut into matchsticks
1 tablespoon olive oil
1/2 teaspoon Champagne vinegar, cider vinegar or lemon juice

Slice kohlrabi into 4 steaks 1/8- to 1/4-inch thick. If using medium sized kohlrabi, cut into thin cutlet sizes. Trim kohlrabi before serving. (We removed the peel before cooking.) You may leave the kohlrabi unpeeled for grilling, if you like, but trim the skin before serving.

Prepare the marinade: Stir ingredients together in a small bowl. Coat the marinade over the kohlrabi steaks or cutlets. Add onions to the marinade. Set aside.

Prepare the Salsa-like Sauce: Blanch the lamb's-quarters or greens in a saucepan of hot water, 30 seconds; drain. Place lamb's-quarters or greens in a blender or food processor. Add the apple, tomato, olive oil, vinegar, salt and pepper. Puree until a thick, salsa-like consistency is achieved. Set aside.

Prepare the Salad: Place the sliced kohlrabi leaves in a bowl; massage with 1/8 to 1/4 teaspoon salt to soften them. Add greens or mixed lettuces and apple matchsticks. Season with the olive oil and vinegar. Taste; add more salt or ground black pepper if desired. Set aside.

Cook the Kohlrabi Steaks or Cutlets: Prepare grill for high heat. Remove kohlrabi steaks from marinade (reserve marinade for basting during cooking) and place on the grill. Cook until the kohlrabi is tender, 8 to 10 minutes. Place the green onions on the grill, cook until softened and somewhat charred, about 5 minutes. Remove onions; let rest in marinade

while the kohlrabi finishes cooking. Kohlrabi can also be prepared in a nonstick skillet until lightly brown and tender.

To Serve: Plate the salad towards the back of the dish; spoon the salsa-like sauce in a small bowl; arrange the kohlrabi steaks or cutlets on the plate; spoon marinade juices over the kohlrabi. Top with some marinated chives or green onions as desired. Serve. 2 large servings

Prep: 1 hour, 15 minutes **Cook:** 20 minutes

Cook's Note: I was only able to get medium sized kohlrabi, so I made them into cutlet shapes. I also modified the amount of salt and used other available greens as Chef Regan suggested. If you want to see the original recipe, see the link below.

Recipe by Chef Iliana Regan, chef/owner of Elizabeth restaurant in Chicago. For Ugly Food Rescue, inspired by the Andersonville Farmers Market. Her original recipe uses lamb's-quarter greens, purslane, apples, and tomatoes that are not perfect.

For More Information See:

<https://www.chicagotribune.com/dining/recipes/ct-ugly-vegetables-iliana-regan-kohlrabi-food-20170801-story.html>

About the Recipe:

The dish uses kohlrabi as a main dish, cutting it into thin steaks or mini cutlets that are marinated; then grilled or pan fried. They are served with a salsa type sauce, using spinach or other greens, fresh tomato and crisp apples. The leaves of the kohlrabi are used in the salad combined with mixed lettuces, greens and apples. The recipe encourages cooks to use all parts of the kohlrabi along with veggies and fruits that are considered "misfits."

About "Misfits or Ugly" Vegetable and Fruits:

Misfits is a committed, year-round program that offers four to eight produce types at a time, depending on what's in-season, such as curled-up cucumbers, misshaped mandarins, and bent bell peppers. The produce sells for 20 to 40 percent less than conventionally attractive fruits and vegetables.

See our program link at May, 2018 <https://www.gloriagoodtaste.com/may-2018-microgreens-mini-veggies-misfits-big-delicious-planet-urban-farm/>