



Recipes using

Turnips

Turnip, Leek and Potato Soup

Ingredients (serves 4 to 6)

2 medium leeks, white part only, chopped
2 garlic cloves, minced
2 pounds turnips, peeled and chunked
2 large Yukon gold potatoes, peeled and chunked
2 tablespoons extra virgin olive oil
1 bay leaf
1 tablespoon each fresh thyme and parsley, chopped
1 tablespoon sundried tomato paste
½ teaspoon ground coriander
Reduced sodium chicken or vegetable stock, as needed

Instructions:

In a large stock pot, heat oil over medium heat. Add leeks and saute 2 minutes. Add tomato paste, herbs, coriander and garlic. Cook 1 minute, stirring. Add the turnips and potatoes and cook for 2 minutes, stirring to coat the vegetables. Add enough stock to cover the vegetables and then add the bay leaf. Bring to a simmer, then cover and cook for 25 to 35 minutes, until vegetables are fork tender. Remove from heat, remove bay leaf, and blend in batches or use an immersion blender until smooth. Serve hot with crusty bread.



Sauteed Hakurei Turnips

Ingredients (serves 4):

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- 1 ½ pounds Hakurei spring turnips, with greens still attached
- 3 tablespoons olive oil
- 1 to 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

Bring a pot of water to boil. Cut the green tops off the turnips. Wash and dry well. Peel turnips and cut into wedges. Add greens to boiling water for 1 to 2 minutes. Remove with tongs, cool, then squeeze excess liquid from greens and roughly chop. Over medium heat, add oil to large skillet. Add garlic, cooking until fragrant, 15 seconds. Add turnip wedges, salt, pepper and cook until brown in spots, 3 to 4 minutes. Add chopped greens and saute one minute more until heated through.

Roasted Cape White Turnips

From the book “Morning Glory’s Farm Food”

Ingredients (serves 4):

- 2 tablespoons extra virgin olive oil
- 2 pounds Cape White turnips, peeled, cut in half, sliced ¼”
- 1 pound Yukon gold potatoes, skin on, cut in half, sliced ½”
- 1 onions, cut in half, sliced ¼”
- 1 sprig rosemary, finely minced
- ¼ pound bacon, cut into ½” slices (optional)
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon mustard seed

Instructions:

Preheat oven to 425 degrees F. Drizzle oil evenly over roasted pan. Mix in vegetables, rosemary, and bacon, if using. Sprinkle with salt, pepper and mustard seed. Place in the oven to roast. After 20 minutes, and every 10 minutes after, stir vegetables until caramelized and browned, about 40 to 50 minutes total.