



RAPINI: also called raab, broccoli

rabe, cime de rape, rape and brocoletti. It's a form of turnip green.
TIP: Using a salad spinner makes easy work of drying the cooled blanched rapini.

Blanched Rapini (Broccoli Raab)

1 pound rapini (broccoli rabe), washed, cut into 1-inch pieces
2 teaspoons salt

Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one of the following recipes.

Rapini with Garlic and Red Pepper Flakes

2 T extra virgin olive oil
3 medium garlic cloves
1/4 teaspoon red pepper flakes
1 recipe blanched rapini greens (above)

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

Root Vegetable Delight

This recipe offers a good technique for preparing a sweet combination of fall root vegetables. Since we don't have parsnips in the harvest, try substituting kohlrabi instead, or simply increase the amount of the other vegetables to equal the amount of missing parsnips. Since parsnips are sweet, you may want to use sweet onions and increase the amount of honey just slightly if you're not using them.

1 onion, diced
2 medium rutabaga, peeled, cut into 1-inch pieces
2 medium parsnips, peeled, cut into 1-inch pieces
2 medium turnips, peeled and cut into 1-inch pieces
4 large carrots, cut in 2-inch pieces
2 tablespoons sugar
2 tablespoons honey
1 cup water
salt and pepper, to taste
4 tablespoons chopped fresh parsley (or try using thyme)

In a heavy saucepan, combine onions, rutabagas, parsnips, turnips, carrots, sugar, honey and water. Bring to a boil, cover and simmer until vegetables are tender, about 20 minutes. Uncover and cook until liquid has reduced to a glaze. Mix in salt and pepper to taste. Sprinkle with parsley and serve. Serves 12.

Turnips with Raisins

1 tablespoon butter, divided
1 teaspoon olive oil
1/2 medium yellow onion, diced
2 to 3 large turnips with greens
1/4 cup raisins or to taste

Heat 1/2 tablespoon butter and the oil in a skillet over medium heat. Add onions and cook, stirring often, about 5 minutes. Wash and trim turnips and discard yellowed leaves. Chop turnip into 1-inch dice and roughly chop greens. Add diced turnips to onions, salt to taste, stir and cover. Cook until tender, about 8 minutes. Uncover, turn heat to heat and cook until turnips brown lightly, stirring occasionally. Add chopped greens and raisins and cook till greens are wilted, 3 or 4 minutes more. Add remaining butter and salt to taste.

Serves 2 as a side dish.

Adapted from "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," Madison Area CSA Coalition, 2004.

Turnip & Carrot Soup

1 medium flouy potato, peeled, diced
1 medium-large turnip, peeled, diced
3 medium carrots, peeled, sliced
1 small onion, diced
4 medium cloves garlic, smashed, peeled
2 medium stalks celery, sliced
2 cups roughly chopped fresh parsley
1 heaping tablespoon kosher salt
1/4 teaspoon celery seeds
1 tablespoon unsalted butter (optional)

Put all the vegetables except the parsley in a 4-quart saucepan. Add 4 cups water. Cover and bring to a boil. Lower the heat and simmer, uncovered, for 10 minutes, or until vegetables are tender. Add the parsley and simmer 10 minutes more. Stir in the salt.

Pass all the vegetables and liquid through a food mill fitted with a medium disc. (Or puree in a blender and press through a wire mesh sieve.) Return soup to pan. Add celery seed and heat through. Remove from heat and stir in butter, if using. Serve immediately.

Makes 6 1/2 cups.

From "Vegetable Love," Barbara Kafka, Artisan 2005.
toss with your favorite salad dressing. Yummy and good for you!

Turnip & Apple Bake

2 turnips, cooked, mashed
1 tablespoon butter
6 apples, pared, cored and sliced
3/4 cup granulated sugar
2 teaspoons cinnamon
1/3 cup flour
1/3 cup brown sugar
2 tablespoons butter
Spread 1/2 of the cooked, mashed turnips in the bottom of a buttered baking dish. Dip apple slices in sugar and cinnamon. Place apple slices on top of turnip layer. Spread remaining mashed turnip on top of apples. Mix flour, brown sugar and butter until crumbly; sprinkle on top of casserole. Bake in a 350-degree F. oven for 1 to 1 1/2 hours.
Serves 6.

Adapted from chush-ki.net.

Cabbage & Spinach Sauté

If you don't have quite enough spinach, just use what you have or adjust the recipe accordingly.

2 teaspoons olive oil
2 cloves garlic, minced
4 cups shredded cabbage

20 ounces spinach, roughly chopped
salt and freshly ground black pepper
1 teaspoon finely grated lemon zest
Heat olive oil in large skillet over medium-high heat. Add garlic and cook stirring 30 seconds. Add cabbage and cook, stirring frequently, until wilt about 5 minutes. Stir in spinach in batches until wilted, season with salt and pepper. Stir in lemon zest. Serve hot. Serves 4.
From fooddownunder.com.

Indian-Spice Cabbage & Carrot (Bahji)

1 tablespoon coriander, crushed
1/2 teaspoon cumin seed
2 dried chilies
4 cups cabbage, shredded
1 cup carrots, diced
1/3 cup tomato, chopped
1/4 teaspoon turmeric
1 green chili, chopped
In a dry pan, fry coriander, cumin seeds, and whole chilies, over medium heat, stirring, until chilies darken. Add carrots, cabbage, tomatoes, then turmeric, and green chili. Stir to mix thoroughly. Reduce heat, cover; simmer 15 to 20 minutes.

Cabbage Cakes

3 cups loosely packed, thinly sliced red or green cabbage
1 large egg, lightly beaten
1 tablespoon milk
2 tablespoons sour cream
2 tablespoons flour
1/4 cup minced chives
Steam the cabbage until tender; drain well in a colander. In a mixing bowl beat together the egg, milk, sour cream, and flour. Stir in the cabbage and chives.
Heat a lightly greased nonstick griddle. When hot, give the batter a stir and drop 3 tablespoons of batter for each cake onto the griddle, cooking up to 4 at a time. Cook until bubbles form on the surface, and the cake is browned underneath, about 5 minutes. Using a plastic spatula, turn to brown the other side, 3 to 4 minutes more. Repeat, stirring the batter before dropping it onto the griddle, until you've used up all of the batter Transfer to a warm plate and serve.
Makes 6 to 8 pancakes.
From mariquita.com, adapted from "Almost Vegetarian" by Diana Shaw.

Winter Squash, Cabbage & Peanut Butter Stew

1 tablespoon olive oil
2 cups onion, chopped (or leeks)
2 to 3 cloves garlic, minced
3 cups winter squash, peeled, chopped
2 cups cabbage, chopped
cayenne pepper to taste
3 cups tomato juice or pureed tomatoes
1 cup apple juice
1 to 2 teaspoons gingerroot, peeled, minced
1 to 2 cups green beans
1/2 cup peanut butter
In large skillet, sauté onion and garlic in oil until translucent. Add squash cabbage and cayenne pepper and sauté until flavors are mixed. Add tomato juice, apple juice and gingerroot. Cover and simmer until squash tender, about 20 minutes. Add green beans and simmer 5 minutes more. Stir in peanut butter and simmer at very low heat until ready to serve. Serve over rice and top with chopped green onions, parsley, cilantro, peaches or other fruit, crushed peanuts or flaked coconut.
Serves 6. *Adapted from "Simply in Season," Mary Beth Lind and Cathlee Hockman-Wert, 2005.*