

Kohlrabi Cole Slaw

For the dressing:

¼ cup cream

1 T lemon juice

½ t mustard

½ t sugar

Fresh mint, chopped

Salt and pepper



For the slaw:

1 lb. kohlrabi

2 apples

Directions: Trim and peel the kohlrabi. Peel and core the apples. Slice both into long thin strips like matchsticks, or if you prefer, grate them coarsely. You want an equal volume of each. Whisk the cream by hand until it just starts to thicken and get fluffy, about a minute. Gently stir in the other dressing ingredients and toss the kohlrabi and apple with the mixture. Serve immediately.

Comments: This recipe comes from a Boston-based sustainable food examiner (online) named Leah Bloom. She recommends it as the only thing she does with kohlrabi, which I admit is a challenging item to include in cooking. We have found a few other good recipes in the past, but if you want an easy way to deal with kohlrabi, it can be cut into slices or sticks as part of a vegetable tray and eaten raw.