



## today's main ingredient

A  LOCAL FOOD PODCAST



# Creamed Kohlrabi

### INGREDIENTS – Serves 4 to 6

4 kohlrabi, tops and stem ends removed, peeled and thinly sliced  
4 tablespoons butter  
2 tablespoons all-purpose flour  
1 pint half-and-half  
Salt  
1 whole nutmeg (for grating) or substitute ground nutmeg

**STEP 1** – Bring a 3 or 4-quart pot of water to a boil, and give it a good couple pinches of salt. Add the kohlrabi and boil until tender but not falling apart, about 8 minutes. Drain and set aside on the plate you plan to serve the kohlrabi on.

**STEP 2** – Melt the butter in the same pot, and then sprinkle the flour over. Whisk constantly until the flour is cooked and turns a light tan color, about 3 minutes. Gradually add the half-and-half, whisking the entire time.

**STEP 3** – Turn the heat down to a simmer, and keep whisking until the sauce thickens, about 10 minutes. Pour the hot sauce over the kohlrabi. If you have whole nutmeg, grate a dusting of nutmeg with a thin grater over the entire dish. Alternatively, sprinkle with ground nutmeg. Season with salt and serve.