



today's main ingredient

A  LOCAL FOOD PODCAST



Kohlrabi Schnitzel

Recipe from germanfoods.org ~ Translated and adapted from ichkoche.at

Time: 30 minutes

INGREDIENTS – Serves 2

2 kohlrabies
2 eggs
breadcrumbs
ground almonds (optional)
salt and pepper
vegetable oil

STEP 1 – Fill a saucepan with salted water. While waiting to come to a boil, peel the kohlrabi and cut into slices of approximately 3/8th inch.

STEP 2 – Cook the kohlrabi slices in the boiling water till slightly tender, about 7-8 minutes. Remove the slices, drain, and pat dry.

STEP 3 – Mix the ground almonds with the breadcrumbs, if using. Bread the kohlrabi cutlets by coating each slice first in seasoned flour, then in egg, then in breadcrumbs. The kohlrabi should be completely coated on all sides.

STEP 4 – Heat the oil in a pan, and brown the cutlets until golden on both sides. Remove the kohlrabi schnitzels from the pan and drain to remove any excess oil. Serve while hot.