

Recipes... **TURNIPS**



NOTES & TIPS: Turnips can be stored in the refrigerator if wrapped in plastic. As for size, smaller usually means sweeter, with the ideal turnip said to be the shape of a tennis ball. Peel and eat them raw in slices, adding a touch of salt to bring out the flavor and crunch if desired. Grate them to add some kick to your salad. Boil with your potatoes for mashed potatoes. Saute in butter or olive oil with garlic and a bit of salt. Yum!

TURNIPS & CHEESE

2-3 large turnips, cubed
1 cup Swiss cheese, grated
3 tablespoons butter
Salt and pepper to taste

Boil turnips in salted water for about 25 minutes, or until just soft. Drain off water. Mash with a potato masher or fork. Add butter, seasonings and cheese. Mix until cheese starts to melt, then stop mixing. Serve.

HASHED BROWN TURNIPS

1-3 turnips, shredded
Butter or oil
1-2 cloves garlic
salt

Heat oil (or melt butter) in skillet over medium-high heat. Add garlic and cook for 1 minute. Add turnips and flatten in skillet. Let cook until browned, then flip. Add salt to taste.

TURNIPS & ONION RELISH

2 tablespoons butter
1 tablespoon olive oil
2 medium turnips, peeled and grated
1 large onion, sliced into rings
1 pinch salt and pepper to taste

Melt butter with olive oil in a skillet over medium heat. Add the onions, and cook until caramelized, 10 to 15 minutes. Transfer the onion to a bowl, and mix with the grated turnip. Season with salt and pepper. Refrigerate for 30 minutes to allow the flavors to mingle. Serve on small toast or crackers.

BACON TURNIP MASH

2 pounds turnip
2 tablespoons butter
1 pinch salt
1 pinch ground black pepper
1 dash garlic powder
1/2 pound bacon - cooked and crumbled
2 tablespoons rendered bacon fat

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Peel and cube the turnip. Cook in a saucepan in salted water until very tender. Drain then mash with the butter or margarine, salt, pepper and garlic powder to taste. Set aside.

In a skillet fry the bacon until nice and crispy. Remove from the skillet and crumble. Reserve 2 tablespoons of the bacon grease. To the skillet with the 2 tablespoons of bacon grease add the mashed turnip and crumbled bacon. Stir and heat to the desired temperature before serving.

NANA'S MASHED TURNIPS

1 large turnip, peeled and cubed
3 white potatoes, peeled and cubed
1/4 cup milk
3 tablespoons unsalted butter
1 teaspoon white sugar
3/4 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 375 degrees F (190 degrees C).

Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain.

Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.

Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

TURNIP SALAD

4 turnips, peeled and chopped
1 bunch green onions, chopped
2 Granny Smith apples - peeled, cored and chopped
4 slices canned pineapple, chopped
1/2 cup white sugar
1/4 cup vegetable oil
1 tablespoon water
1 teaspoon salt
1/4 teaspoon ground black pepper

Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.

In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.

Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

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FINNISH TURNIP CASSEROLE

3 large carrots, cubed
1 large turnip, cubed
3 tablespoons softened butter
1/2 teaspoon salt
1/4 cup all-purpose flour
1/4 cup white sugar
2 eggs
1/2 cup milk
2 tablespoons white sugar
1/4 teaspoon ground cinnamon

Preheat an oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Place the carrot and turnip cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

Return the carrots and turnips to the pot, and mash well with the butter, salt, flour and 1/4 cup of sugar. Whisk together the eggs and milk in a bowl, then stir into the mashed carrot mixture until blended. Scrape into the prepared casserole dish. Stir together 2 tablespoons of sugar with the cinnamon in a small bowl, and sprinkle over the top of the carrot mash.

Bake in the preheated oven until the carrot mash has slightly firmed and the top has begun to turn golden brown, about 45 minutes.

CREAMY TURNIP SOUP

2 tablespoons olive oil
1 1/2 pounds peeled turnip bulbs, not the leafy tops, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
2 teaspoons paprika
1 teaspoon dried thyme leaves
1/8 teaspoon cayenne pepper
3 cups chicken broth
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: shallot crisps*

Heat oil over medium-high heat in a large, deep saute pan until shimmering. Add turnips, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes. Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer. Add paprika, thyme and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer. Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until turnips are tender, about 10 minutes. Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

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Return to pan (or a soup pot); add enough half-and-half so the mixture is soup-like, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

TURNIP, POTATO & RICE SOUP

2 turnips, peeled, sliced thin
2 potatoes, peeled, sliced
1/3 cup rice, washed
5 cups water
2 cups milk, scalded
2 tablespoons butter
Seasonings to taste

Put all ingredients together in a stew pot. Cover. Cook slowly for 35 minutes.