













The
Nearly Naked
veg company
Our farm, your table, no fuss



Kohl Rabi & Root Veg Curry

-  1 kohl rabi
-  A couple of small carrots
-  1 or 2 potatoes
-  1 onion
-  1 clove of garlic
-  a thumb of grated ginger
-  1 can of tomatoes
-  Half a 125ml pot of crème fraîche
-  Water to dilute
-  Spices to taste (we mixed up 1 tsp turmeric, ½ tsp chili powder, 2 tsp ground coriander seeds and 1 tsp ground cumin seeds)

So many of you have called us asking for ideas of what to do with the Khol Rabi that we thought we would include it in our recipe this week. Some customers have said they made a Kohl Rabi Dauphinoise which was delicious so that is another idea – anyone who has a recipe for this let us know and we will add it to the website!

Firstly sauté the onions, garlic, ginger in some oil for a few minutes. Add in the spices and cook for a couple of minutes. Add all the root veg, diced and throw in the kohl rabi leaves, and any other edible greenery you might have (eg kale, shredded). Sweat the veg for about 10mins and then add the can of tomatoes, the crème fraîche (or you could use yoghurt), and some water. Season to taste. Let this whole mixture simmer for half an hour.

If you have some coriander in any shape or form - add it in, since it has a fantastic flavour.

Serve with basmati rice (any rice really but basmati is Sams favourite). Remember this is just a guide. Really, any root veg can be used, in any quantities. You could also cut down in the quantity or variation of spices if you prefer a milder curry.

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