

Kohlrabi with Tomato and Sorrel Cream

Servings

4

Calories

380

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

1 pound Mann's Kohlrabi

6 cups water

2 tomatoes

6 large sorrel leaves

2 shallots, diced

1 garlic clove

1 ounce oil

¼ cup white wine vinegar

½ cup white wine

1 cup heavy cream

Salt & pepper, to taste



The Method

Peel and dice Kohlrabi in $\frac{3}{4}$ -inch dice cuts. Blanch Kohlrabi by bringing to a simmer in salted water, about 8-10 minutes. Plunge Kohlrabi into ice water to stop the cooking process. Pat dry with paper towels and set aside.

Core and blanch tomatoes by placing into boiling water for 10 seconds. Plunge tomatoes into ice water to stop the cooking process. Pat dry with paper towels. Once dried, peel, deseed, and dice tomatoes the same size as the Kohlrabi. Set aside.

In a saucepan on low-heat, gently sweat the shallots and garlic, Add vinegar, wine, and reduce to half-heat. Add cream and reduce until it thickens to sauce consistency. Season cream sauce with salt and pepper, to taste.

Wash and chiffonade sorrel (only moments prior to using).

Add Kohlrabi, tomatoes, and sorrel to the cream sauce.

Plate to a severing tray.



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Nutrition Facts

Serving Size: 709g | Servings: 4

Amount Per Serving

Calories 380 | Total Fat 29g (sat fat 15g trans 0.5g) | Cholesterol 70mg | Sodium 360mg | Total Carbohydrate 26g | Dietary Fiber 7g |
Sugars 13g | Protein 6g | Vitamin D 6% | Calcium 10% | Iron 10% | Potassium 15%