

The Rutabaga: A Surprisingly Yummy Rut-a-Veggie

You may be familiar with many of the more common root veggies – carrots, parsnips, radishes, beets, and even turnips – but rutabagas are one of the last for many of us to experiment with. Why is that? What's so scary about a rutabaga? They can look a little intimidating – big, bumpy, and kinda gnarly. Yeh, we used to find them that way too. But the best approach when you find yourself intimidated in the kitchen is to look up a few recipes to get a sense for the ingredient, and then to just dive in and cook. Think of everything you've accomplished in your life. You're intimidated by a vegetable?!?

No way, no how!

Alright, back to rutabagas. Here's what to expect in terms of taste... imagine a potato crossed with a turnip and sprinkled with a hint of parsnip. That's our impression of the rutabaga. We think you'll be surprised by its subtle sweetness and by how much you'll enjoy it. Here are a few recipes and ideas to get you started playing with rutabagas. Just dive in. Be creative. **eat well. live well. be well.**

Jennifer & Erin

Rut-a-Veggie Hash

(from E. Allgood, www.allgoodeats.blogspot.com, & J. Purrenhage, www.getwellgrounded.com)

*This simple dish can be made using only rutabagas or you can pair rutabagas with another root veggie or tuber to change the flavor. *Our favorite pairings are beets, carrots, or sweet potatoes for a much sweeter dish, parsnips for a slightly sweeter dish, or potatoes for a milder dish. Or, combine them all? No need to peel carrots, parsnips, potatoes or sweet potatoes first, but go ahead and peel your rutabagas, beets, and turnips before shredding.*

What You'll Need:

- 2 cup rutabaga, peeled & shredded
- 1 cup beet or other root veggie*, peeled & shredded
- 1-2 TBSP Extra virgin olive oil
- Sea salt
- Fresh ground pepper

Preparation:

1. Heat olive oil over med-high heat.
2. Add shredded veggies to pan.
3. Season with salt and pepper, to taste.
4. Cook until rutabaga is lightly browned. You can eat this raw, so how long you cook it is up to you and your personal taste.

Rutabaga Quick-Kraut

(from J. Purrenhage, www.getwellgrounded.com, and E. Allgood, www.allgoodeats.blogspot.com)

We were playing with rutabaga one day and got inspired (by our love of sauerkraut and mustard) to make this yummy side dish. We've never seen anything like it in cookbooks or our favorite blogs. If you like sauerkraut or stoneground mustard, we think you'll like the flavors in this "quick-kraut". Give it a try.

What You'll Need:

- 2 cups rutabaga, grated
- 2 ½ teaspoons honey
- 2 ½ teaspoons apple cider vinegar
- 2 tablespoons whole-grain mustard

How to Make Your Quick-Kraut:

1. Heat honey, apple-cider vinegar and mustard in pan to combine (on med heat).
2. Add grated rutabaga to pan.
3. Sauté on med-high heat until rutabaga is tender and lightly browned.
4. Add in small amounts of oil as needed to keep rutabaga from sticking to the pan.

You Can Never Go Wrong with Roasted Veggies

Here's a suggested ingredient list for your roasted veggies, but use whatever you like and have on hand:

- 1 med rutabaga, peeled
- 1 med sweet potato
- 2-3 lg carrots
- 1 lg sweet onion
- ~5-8 redskin or fingerling potatoes
- 10-12 brussel sprouts (1 stalk)
- 1 lg bulb garlic
- Olive oil
- Sea salt & Fresh ground pepper

Preparation:

1. Wash veggies. Peel rutabaga. Cut all veggies into 1"-cubes.
2. Place cubed veggies in a large bowl and toss with olive oil to coat.
3. Add minced garlic cloves and toss. Season with salt and pepper to taste.
4. Transfer veggies into glass roasting dishes (only 1 layer deep, if possible).
5. Place in pre-heated oven (400 degrees) and roast for ~45-50 min, or until tender and caramelized.
6. Remove from oven and toss with fresh herbs, if you like (basil or tarragon).

Pureed Rutabaga (Rutabaga “Mashed Potatoes”)

Ingredients:

- 1 large rutabaga, chopped into bite-size pieces
- 2 tablespoons butter
- ¼ cup milk, cream or almond milk
- Salt and Pepper

Preparation:

1. Place chopped rutabaga into pot with water and boil covered until tender.
2. Let cooked rutabaga cool slightly and add to blender or food processor.
3. Add in butter, milk, salt and pepper.
4. Blend to desired consistency (I like mine with small chunks!).

Variation: Add in potatoes, carrots, parsnips or other root veggies to change things up a bit.

Serving suggestion: Use pureed rutabaga as a bed for rich meats or fish.

Winter Vegetable Crumble

(Adapted from [Simply in Season](#) by Mary Beth Lind & Cathleen Hockman-Wert)

Crumble topping:

- 2/3 cup rolled oats
- ½ cup cashews
- 2 tablespoons whole wheat flour (substitute buckwheat flour for gluten-free option)
- 2 tablespoons oil
- 1 teaspoon dried rosemary

Filling:

- 2 pounds root vegetables (rutabagas, carrots, parsnips, turnips, potatoes)

Sauce:

- 1 medium onion, chopped
- 2 tablespoons cashews
- 2/3 cup milk
- 1 ¼ cup vegetable broth
- 2 tablespoons flour (substitute buckwheat flour for gluten-free option)
- 1 teaspoon dried rosemary
- Salt and Pepper

Directions:

1. Preheat oven to 375 degrees F.
2. For the topping: combine all ingredients into a bowl and mix to form a crumble topping.
3. For the filling: steam vegetables until they are just tender and add to a baking dish.
4. For the sauce: In a saucepan, sauté onions in oil until soft and add in cashews, cooking until just browned. Stir in milk and vegetable broth. Combine flour and milk in a separate bowl to make a slurry and then add that to the saucepan. Add in rosemary and bring sauce to a boil. Once sauce boils, turn down the heat and simmer until sauce is thickened. Season with salt and pepper. Puree sauce for a smoother texture, if desired. Pour sauce over vegetables and add crumble topping. Bake at 375 degrees for approximately 30 minutes.

Smashed Rutabagas with Ginger-Roasted Pears *(from [Bon Appetit](#) magazine, November 2007)*

Yield: Makes 8 to 10 servings

If you've never had rutabagas, here's a great way to try them.

Ginger-roasted pears add sweetness and a touch of spice—the perfect balance for this earthy root vegetable. Slice one extra pear and roast it (with the cubes) to use as garnish.

Ingredients:

- 4 pounds rutabagas, peeled, cut into 3/4- to 1-inch cubes
- Nonstick vegetable oil spray
- 1 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced peeled fresh ginger
- 1 1/2 teaspoons sugar
- 3 firm Anjou pears (about 1 3/4 pounds), peeled, cored, cut into 3/4-inch cubes
- 1/3 cup heavy whipping cream
- 5 tablespoons butter
- 1 tablespoon chopped fresh thyme
- Coarse kosher salt

Preparation:

1. Cook rutabagas in pot of boiling salted water until tender, about 35 minutes.
2. Meanwhile, preheat oven to 400°F.
3. Spray large rimmed baking sheet with nonstick spray.
4. Combine oil, lemon juice, ginger, and sugar in large bowl.
5. Add pears; toss to coat.
6. Spread on prepared sheet.
7. Roast until tender, turning pears every 10 minutes, about 35 minutes total.
8. Drain rutabagas; return to same pot.
9. Mash to coarse puree.
10. Stir over medium heat until excess moisture evaporates, 5 minutes.
11. Add cream, butter, and thyme.
12. Mix in pears and any juices from baking sheet.
13. Season with salt and pepper.

DO AHEAD: *Can be made 1 day ahead and reheated.*

We'll be honest, we haven't tried this recipe from Bon Appetit yet, but it sounds fantastic and had great reviews!

Sweet and Savory Root Vegetable Stew

(from Terry Walters' [Clean Food](#))

Ingredients:

- 2 med rutabagas, peeled & diced
- 2 turnips, peeled & diced
- 2 sweet potatoes, peeled & diced
- 1 celeriac root, peeled & diced
- 1 fennel bulb, halved, cored & diced
- 2 parsnips, peeled & diced
- 2 TBSP fresh ginger root, grated
- 6 shallots, diced
- 1 cinnamon stick
- 1 TBSP extra virgin olive oil
- Vegetable stock
- Ume plum vinegar

Directions (serves 6-8):

1. In large pot over medium heat, sauté shallots and ginger in oil for 5 minutes or until soft.
2. Add parsnips, rutabagas, turnips, sweet potatoes, celeriac, fennel, and cinnamon stick.
3. Add enough stock to barely cover vegetables.
4. Bring to a boil. Cover. Reduce heat and simmer ~25 minutes.
5. Remove from heat, discard cinnamon stick.
6. Gently puree soup ~3 seconds using handheld blender to slightly thicken liquid and blend flavors (If you don't have an immersion blender, you can thicken soup in your countertop blender, if you like).
7. Season to taste with a few dashes of ume plum vinegar and serve.

For more recipes and healthful information, visit us on the web...

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This document from Jennifer & Erin is available at:

<http://tinyurl.com/rutabaga-love>

Get more rutabaga information from the Center for Nutrition, Diet, and Health at:

<http://tinyurl.com/rutabaga-extras>