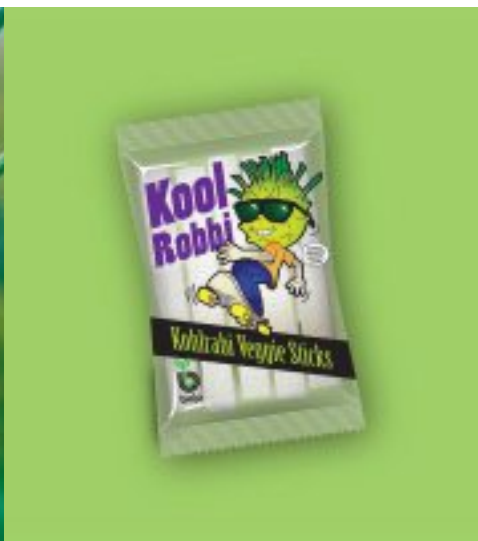


what to try

WWW.PLAYMONTEREBAY.COM

New Kale; Kohlrabi comes to Monterey County!

By Play Staff



At the 2015 PMA Foodservice Conference and Expo in Monterey Bay, Bejo Seeds, Inc. of Oceano, California, will showcase their proprietary jumbo Kohlrabi processed for a number of foodservice applications.

While kohlrabi dates back to mid-16th century Italy, it was popularized in Eastern European countries, especially Germany. The vegetable's name comes from the German words kohl (meaning "cabbage") and rübe ("turnip"). This healthy and delicious vegetable is part of the Brassica Oleracea family like Kale, Broccoli, and Cabbage. This vegetable group is highly nutritious and versatile. With high vitamin C and anti-oxidant content levels, Kohlrabi is perfectly aligned with current trends in foodservice.

Proprietary to Bejo Seeds, is the Giant Kossak variety of Kohlrabi. This unique variety is grown specifically for foodservice as it maintains a wonderful juicy crispness and retains its fresh texture as a large, efficient to process Kohlrabi that can be cut and served raw or cooked into prepared dishes.

Recently named by Epicurious Magazine as "the vegetable to cook with right now," Kohlrabi is making headlines across America as vegetable-focused cooking and plant-based diets are on trend. These days, in most restaurant kitchens the humble vegetable has taken center stage. "Kohlrabi is the one everyone's obsessing over right now," states Epicurious Magazine.[1]

Be prepared to start seeing more of the kohlrabi in Monterey as upscale eateries continue to add to menus around the country. At Dan Barber's fine-dining restaurant Blue Hill at Stone Barns in Tarrytown, NY, the kitchen serves "kohlrabi tacos" by slicing paper-thin pieces of raw kohlrabi to serve as the "tortillas," filling them with seared butterfish fillets and a variety of toppings: carrot "guacamole," sour cream, cured pork, and smoked salt. The kohlrabi brings a slight sweetness to the proceedings, adding a lightness and moisture that works well with the seafood.

And, here on the west coast, Los Angeles, chef Jeremy Fox makes a kohlrabi "mustard" at Rustic Canyon Winebar and Seasonal Kitchen. "We sweat down kohlrabi along with shallots and garlic in butter, then make a creamy pureé," says Fox. "Then we fold in some of our house made whole-grain mustard—it's almost like you get these little pops of caviar."

Here's a an exclusive recommended recipe using the green monster...

Be bold, and ask for Kohlrabi.. For more info on the undiscovered new super-vegetable, visit <http://www.bejoseeds.com> or <http://fsffoods.com/>

You can make this!

Kohlrabi and Carrot Slaw

Serves 4-6

INGREDIENTS

- 1 large kohlrabi, peeled, stems trimmed off, grated
- 1/4 head purple cabbage, shredded
- 2 medium carrots, peeled and grated
- 1/2 red onion, grated
- 4 tablespoon chopped cilantro
- 1/4 cup golden raisins (optional)
- 1/4 cup mayonnaise
- 1 tablespoon cider vinegar
- 1 tablespoon sugar
- 1 teaspoon salt

DIRECTIONS

1. Combine the kohlrabi, cabbage, carrots, onion, cilantro, and raisins (if using) in a large bowl.
2. In a smaller bowl, whisk together the mayonnaise, cider vinegar, sugar, and salt.
3. Pour the dressing over the slaw, and mix until fully coated.
4. Chill for several hours before serving.



Recipe courtesy of Chef Mareya, founder of EatCleaner.com and celebrity Chef.