

McDougal's Farm LLC

What's Growing On !

Recipes

Kohlrabi and Apple Slaw

Kohlrabi and Apple Slaw with Creamy Coleslaw Dressing
From Gourmet Magazine -Makes 4 cups

Dressing:

¼ cup cream (may use low fat)

1 tablespoon fresh lemon juice

½ tablespoon good mustard

½ teaspoon sugar

Salt and pepper to taste- go easy here

Fresh mint, chopped

1 pound fresh kohlrabi (or Kossock) trimmed, peeled, grated or cut into batons

2 apples, peeled grated or cut into batons (try to keep equivalent volume of kohlrabi and apple)

Whisk cream into light pillows-this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.