

# Carrboro FARMERS' MARKET

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Recipe of the Week

January 21, 2008

Here are a couple of simple ways to prepare your new friend the turnip.

Treat the root like a potato:

Some people use turnip as a lower carb/calorie substitute for the potato, but to be honest there is no real substitute for the potato. It is exactly its high calorie content and starchy, carbohydrate richness that makes the potato so good. Rather, I think the turnip should be judged on its own merit. While it often behaves a lot like a potato in its preparation in the kitchen, it delivers an altogether different experience on the plate. Turnips can be cubed and roasted alone or along with your other root vegetables. They can also be boiled and mashed with butter and milk - just like a potato. They have an earthier and sometimes even slightly spicy flavor (like a radish) which makes for a distinctive and pleasantly unique flavor.

Roasted:

Preheat oven to 375<sup>0</sup>

Remove greens and tip of root and scrub turnips well.

Cube (use slightly larger chunks if roasting with other root vegetables as turnips cook faster than most).

Toss with olive oil garlic and spices.

Spread evenly across the bottom of your roasting pan.

Roast for about 30 minutes or until they begin to brown around the edges. Know that turnips won't crisp up like potatoes because of their high water content.

Ingredients:

1 bunch of turnips

6 cloves of garlic (unpeeled with bottoms cut off)

¼ cup of olive oil

salt and pepper to taste

fresh herbs if available

\* Don't throw out the greens - They can be a great side dish and can be cooked down in a skillet just like collards ☺

\*Available at Market