

Carrboro  
**FARMERS' MARKET**  
locally grown  nationally known

Recipe of the Week

March 24, 2007

**Silky Turnips with Shallot and Butter**  
from Sheila Neal, Carrboro Farmers' Market Staff

Who would have ever thought turnips could cook up so silky and sweet? The trick to this recipe is slicing the turnips very thin. You can use your knife skills or be lazy like me and use a Benriner or mandolin. I got my Benriner, a lightweight, Asian slicer, ([www.benriner.com](http://www.benriner.com)) at a Chinese kitchen supply store when I lived in New York City. My culinary school teachers said no chef left home without one. Well, I mostly cook at home now but I still use it all the time.

**Ingredients**

2 pounds Purple-top turnips\*  
2 1/2 tablespoons butter  
2 tablespoons finely diced shallot  
1/4 cup roughly chopped flat leaf parsley\*  
salt

**Procedure**

Rinse turnips. Slice the ends and peel. Cut turnips in half from top to root end. Using a knife or Benriner slice turnips into 1/8<sup>th</sup> inch-thick half moons. Now, weigh sliced turnips and use 1 pound for this recipe.\*\*

Melt butter in a 10 1/2" skillet (I used my cast iron) on medium-low heat. Add shallot, a pinch of salt, and cook for 2 minutes or until the shallot begins to soften. Add sliced turnips all at once and 1 teaspoon of salt. Turn heat to medium. Using tongs or a wooden spoon, move the turnips around so they get coated with the butter. Continue to toss the turnips about once every minute so they cook evenly. Watch the heat. You won't need to turn it up more but you may need to turn it down to medium-low. The turnips will be done in about 5 minutes. Check seasoning and add parsley before serving.

These are great alternatives to potatoes and my kid loves them this way. You can leave out the shallot and parsley and the dish is still fantastic.

Serves 4

Prep time: 10 minutes

Cook time: 5 minutes

Kid friendly and a quick dish

\* Available at Market

\*\*Depending on the turnips, once you peel and slice them, they should yield a little more than a pound. Munch on the extra raw ones with a little salt.

**Shop with the Chef**  
Saturday, March 31, 2007  
8 – 10 AM

On Saturday, March 31, Sheri Castle of Creative Cooking with Sheri Castle, [www.shericastle.com](http://www.shericastle.com), will lead a group of customers on a shopping excursion through the Market. While shopping, Sheri will share tips like how to pick items based on cooking quantity, perishability of product, and what ingredients pair best together. Customers will get a chance to chat with farmers as they shop. Sheri will then lead folks back to the Gazebo to cook and taste the dishes she prepares with Market ingredients. If you would like to sign-up to shop with Sheri, email [info@carrborofarmersmarket.com](mailto:info@carrborofarmersmarket.com) or drop by the Information Booth to register. Class is from 8-10 AM and is limited to 10 people. Participants should meet in the Gazebo at 8 AM. This event is good to try if you are curious about cooking with early spring ingredients, need some cooking inspiration, or are looking for an activity to do with the older kids in your family.

**Kid's Seedling Event**  
Saturday, April 21, 2007  
8:30 – 11 AM

Kids come out and get your free Cherry or Sungold tomato seedling. We will give you growing instructions and send you home ready to plant. Then, in about 12 weeks, you'll come back with what your seedling has yielded and we'll display it, state fair-style, for all to see and admire.

**Our other Markets are opening soon...**

**Wednesday Carrboro Farmers' Market on the Town Commons**  
301 W. Main St.  
April 11 – October 17  
3:30 – 6:30 PM

**Thursday Southern Village Farmers' Market on the Village Green**  
Market Street across from the Lumina Theatre  
May 3 – August 30  
4 – 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
[info@carrborofarmersmarket.com](mailto:info@carrborofarmersmarket.com)  
919.280.3326