



Excerpted from the book [A TASTE OF HISTORY: THE FLAVORS, PLACES, AND PEOPLE THAT SHAPED AMERICAN CUISINE](#) by Chef Walter Staib with Martha W. Murphy. Copyright © 2019 by Walter Staib and Martha W. Murphy. Reprinted with permission of Grand Central Publishing. All rights reserved.

## Stuffed Kohlrabi

Serves 6

For those not familiar with this exotic-named vegetable, kohlrabi is part of the cabbage family. It has gained in popularity recently, thanks in part to its versatility. The name is of German root: kohl means “cabbage” and rabi means “turnip.” When I was growing up in the Black Forest, kohlrabi was a staple on our family dinner table. Since I was familiar with kohlrabi as a popular German food, I was not surprised to find that the Amish and Pennsylvania Dutch planted and used kohlrabi regularly in the eighteenth century. It was not just the settlers with German heritage, however, who enjoyed this nutritious vegetable; Mount Vernon’s kitchen garden boasted a healthy supply of kohlrabi, and it was a mainstay at Monticello as well.

One of the valuable aspects of kohlrabi is its ease of cultivation; it is one of the fastest growing members of the cabbage family, and it can be left in the field until just before the first frost, after which it can survive the rest of the winter perfectly in a root cellar. All of these features would have appealed to the colonists.

### Ingredients

- 6 medium-large kohlrabi
- Kosher salt
- Olive oil, for sautéing
- 1 large white onion, finely diced
- 3 garlic cloves, minced
- 2 pounds ground lamb, beef, or pork
- 3 eggs
- 2 cups fine fresh bread crumbs
- 2 tablespoons chopped fresh parsley
- ½ teaspoon freshly grated nutmeg
- Freshly ground black pepper
- Pinch of paprika
- 1 ½ cups grated Gruyere cheese

© Copyright 2019 Now That’s A Mouthful. All Rights Reserved.

*\*Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*



Preheat oven to 350°F.

Hollow out each kohlrabi to create a bowl, leaving the walls and bottom about ¼ inch thick; set aside along with the scooped-out flesh.

Bring a large stockpot of lightly salted water to a boil. Carefully place the hollowed-out kohlrabi in the water and simmer until fork tender, about 15 minutes; do not overcook. Transfer with a slotted spoon to a plate to cool completely.

Heat a small amount of olive oil in a large skillet set over medium heat. Add the onion and garlic and sauté. until translucent, but not browned. Remove from the pan and allow to cool.

Finely chop the reserved kohlrabi flesh. In a medium bowl, combine the kohlrabi with the cooled onion and garlic, the lamb (or beef or pork), eggs, bread crumbs, parsley, and nutmeg. Mix to combine thoroughly.

Sauté a tablespoon of the meat mixture and taste for seasoning; adjust as necessary with salt and pepper.

Fill the cooled kohlrabi shells with the meat mixture, top with the shredded Gruyere, and dust the tops with paprika. Place in a roasting pan and bake for 45 minutes or until the cheese is nicely browned. Serve immediately.

### **Chef's Note**

As you are preparing the kohlrabi, it is important to cut the bottom evenly so that it will sit upright during the baking process. An uneven bottom can cause it to tip over and spill the contents while in the oven.

