



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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PARSNIPS & TURNIPS RECIPES

These recipes updated 3/12/11

Parsnip Burgers

From 5/04

- 4 Full Belly-sized parsnips
- 1 small onion
- 1 bunch parsley
- 1/2 tsp. salt
- Pepper and other herbs to taste
- 2 Tablespoon flour
- 1 egg
- 1 Tablespoon light cream

Grate the parsnips coarsely. Finely chop the onion and the parsley and mix all the ingredients together. Heat plenty of oil in a skillet. Place several tablespoons of the mixture into the oil and fry for about 7 minutes on each side.

Tokyo Turnips with Greens and Fried Onions

From 5/05

Remove the turnip greens from the turnips. Clean and chop the greens and the fresh onions. Steam the turnip roots until just barely tender. Cool, slice and set aside. Sauté the sliced fresh onions in butter and then lightly sprinkle them with flour. Add the turnip greens with a bit of chicken or vegetable broth and cook until done. Add the turnip roots and cook everything together for 2 minutes.

Tokyo Turnips with Fresh Onions

From 2009

1 bunch fresh onions
1 bunch Tokyo Turnips
Olive oil
Cayenne pepper
Soy sauce

This is a generous side dish for four people. The recipe shows off the flavor of Tokyo Turnips. It may be a surprise to anyone not yet familiar with this turnip, how good they are raw.

Clean and slice the fresh onions. Saute them in the olive oil. Remove from the heat while you prepare the turnips. Remove the tops from the turnips and set aside for use in a different dish. Note that the turnip greens and bottoms will store better if you routinely separate the greens from the roots as soon as you get them home. Clean the turnip roots and slice them very thin. Add the thinly sliced turnip roots to the onions and season with soy sauce and cayenne pepper. Set aside for 20 minutes while the turnips absorb the flavors.

Mashed Potatoes with Gold Turnips

Serves 4 to 5

From 2009

1 1/2 pounds potatoes (this is what you get in your box)
1 1/2 pounds gold turnips from your box
1 1/2 T sea salt
1 - 2 cloves garlic, peeled and minced fine
4 T butter
black pepper

Place the potatoes and turnips in a large saucepan with a quart of water. Bring it to a boil, add the salt, reduce the heat and cover. Simmer until the vegetables crush easily. This will take about 20 minutes.

Scoop out and reserve 1/2 of the cooking water. Drain the vegetables and return them to the saucepan or a bowl. Add the garlic and butter and mash the vegetables to the desired consistency. Add water if they are too thick. Season with salt and pepper.

(Note: the cooking water that you don't use in this recipe can make a good stock for soups!).

Turnip Soup with a Cilantro-Green Garlic Drizzle

Dixie Bohlke-Heyerly, Thursday Full Belly San Rafael market crew

From 2009

Serves 4-6, or double the recipe for a crowd! This recipe has converted many who might be timid about turnips!!

Ingredients: 1 bunch of Tokyo white turnips with tops 1 bunch or 1 pound Scarlet (or other) turnips 1 bunch spring onion (red or white) 5 carrots 6 small potatoes 1 bunch spring garlic 1 bunch cilantro 1 quart of stock preferably chicken. Vegetable stock is great as well. olive oil salt & pepper 1 Meyer lemon 1 tablespoon Dijon style mustard 4 tablespoons white wine (optional) or lemon juice (2 T. for soup & 2 T. for turnip greens)

Equipment: 1 baking sheet 1 large bowl for tossing sliced vegetables 1 4-6 quart soup pot 1 six-inch saute pan 1 food processor or blender

Soup: Pre-heat oven to 425 degrees

- 1) Wash, pat dry and trim greens from Tokyo turnips for later use.
- 2) Roughly chop turnips, potatoes and carrots. Toss together in the large bowl with about 3 tablespoons of olive oil and a little salt. Spill onto the baking sheet and roast in the oven for 20 minutes, shaking vegetables once about 15 minutes into roasting time.
- 3) Wash, trim, and roughly slice spring onions including the green parts.
- 4) Saute the spring onions in the soup pot with 1 T. olive oil.
- 5) Add the roasted vegetables & 2 T. of white wine. Stir and saute for a few minutes.
- 6) Add the stock and bring to a gentle boil over medium heat, covered. Reduce heat to simmer, stir and simmer for 15 minutes, until vegetables are fork tender.
- 7) Transfer soup to a blender or use a hand held mixing wand, and blend for 3-4 minutes until smooth. Return soup to soup pot and add salt & pepper to taste. Black pepper is a good friend of this soup!

8) Just before you are ready to serve the soup, saute the turnip greens in olive oil. Add 2 tablespoons of white wine, salt and pepper. Saute the turnip greens for 3 to 4 minutes. Add sauteed turnip greens either to the soup bowls or serve along side. Serve the soup with a generous amount of the Cilantro-Green Garlic Drizzle (see recipe below), on top of each bowl of soup.

Cilantro/Spring Garlic Drizzle

(Make this while the soup vegetables are roasting.)

- 1) Wash, pick through and spin-dry cilantro. You may keep 2 inches or so of the stem.
- 2) Wash and pat dry spring garlic. Slice into thinish rounds going all the way into the pale green part of garlic.
- 3) Place cilantro, baby garlic, ZEST of the Meyer lemon, and Dijon mustard into the food processor or blender.
- 4) Pulse or blend with 1/4 cup olive oil until smooth. Pour into a small bowl and set aside.

Caramelized Turnips with their Greens

From 4/10

Preheat the oven to 425 degrees.

Cut the greens off the turnips, trim the stem area and cut the turnips into halves or quarters. Toss the turnips in a bowl with a generous splash of olive oil, salt and pepper. Spread them out in a layer on a baking sheet and roast them in the oven for 15 - 30 minutes -- until tender.

While the turnips are roasting, put 1/2 cup of water (just enough to steam the greens) in a pot, bring it to a low boil, and add the greens. Stir them a bit, and cook until they are tender. Remove them from the pot and drain off most of the liquid. Sprinkle a bit of salt over the greens. When the roots are done, combine the greens and the roots. Sprinkle a dash of wine vinegar over the top and serve!

Roasted Vegetables

From 2009

Although the weather may not make you think of roasted veggies, they sure are a good way to eat some of this week's box ingredients. Preheat the oven to 400 degrees. The potatoes, onions, tokyo turnips and carrots are all good cooked this way. A generic roasted veggie recipe is to chop the veggies that you want to roast into about the same size pieces, mix them together in a glass dish and coat in olive oil and seasonings. Put them in the hot oven in a glass roasting pan without a cover. Every 20 minutes or so you should check them by stirring them around in the pan to see if they need a bit more oil. You want the skins to crisp up. When the veggies are tender all the way through they are ready.

Braised Tokyo Turnips

From 10/2010

First, a few words about Tokyo Turnips. These turnips are mild, and delicious eaten raw, roasted or steamed. If you simply quarter and steam them and drizzle a tiny bit of olive oil and salt over them, you can serve them as appetizers, or a small side dish. There are several recipes for Tokyo Turnips on the recipe page of the Full Belly web site. Go to the bottom and you will see them.

Your bunch of turnips is really two vegetables at once. Both the greens and the roots are delicious. In fact it is a good idea to separate the roots and greens when you get your box home -- they will both last longer that way.

Turnips from one bunch of young turnips

Olive Oil

1 1/2 T butter

1/2 T sugar

6 - 10 oz chicken or vegetable stock

Salt and Pepper

Wash the turnips and cut them into quarters. In a medium saute pan, heat the butter and 1 T of olive oil until the butter melts. Add the turnips and saute to golden brown. Don't let them burn, but caramelize them a bit. Adjust the heat if they start to get too dark. Add 6 oz of chicken stock and the sugar. You want the turnips covered about 1/2 - 3/4 of the way up with liquid -- so adjust the amount of chicken stock for the size of your pan. You can also add more later, if you need to.

Braise over medium heat until fork tender. Add salt and pepper to taste.

Japanese Turnips with Miso

Recipe submitted by *Gabrielle* - Cornell, Berkeley site

From 2011

3 Tbs. white miso

3 Tbs. unsalted butter, softened and divided

3 lb. small Japanese turnips with greens

1 1/3 cups water

2 Tbs. mirin

Stir together miso and 2 Tbs. butter.

Discard turnip stems and coarsely chop leaves. Halve turnips and put in a heavy, medium-sized skillet along with water, mirin, remaining butter, and 1/8 tsp. salt. Bring to a boil over medium-high heat, then boil covered for 10 minutes.

Add greens by the handful, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender and liquid is reduced to a glaze, about 5 minutes. Stir in miso butter and cook 1 minute.