

TURNIP

Turnips are similar in flavor to radishes, only slightly milder. They also have a slightly bitter aftertaste that, for some recipes, can be counteracted with a pinch of sugar. There are many kinds of turnips, including those harvested in late spring and fall. Early turnips often have a thin edible skin, while the later varieties have a thicker skin that should be removed. The color of the skin varies—completely white, yellow, red and white, with pink and violet top halves, and either white or yellow flesh. Small turnips are the tenderest. If they are larger than 4 inches (10 cm) in diameter, they may have become hard and woody.

Thinly sliced, shredded, and grated raw turnips—even cold, boiled ones—work very well in salads. They can be pickled, fermented, or eaten hot, cooked in salted water, stock, or cream, and added to soups and stews. If you want to fry turnips, either cook them raw or parboiled in a skillet or roast them in the oven. To roast whole turnips, you can leave their skins on—they intensify the flavor. Turnip leaves can also be eaten.



STORING

Store turnips in the fridge in a damp towel. Placing them in iced water can refresh soft turnips. Cut into chunks, cook briefly in lightly salted water, chill in iced water, and freeze.

SEASON

Turnips can be harvested from summer into the fall.

GOES WELL WITH

Turnip goes well with spinach, lemon, apple, garlic, butter, cream, bacon, pork, fish, and chicken.

Turnips with rosemary, sourdough bread, and goat cheese. >

