

RUTABAGA

Rutabagas have a creamy yellow flesh that has a sweet and earthy flavour. Rutabagas are a cross between cabbage and turnip, and an excellent source of fibre, potassium, magnesium, calcium and vitamin C.



HOW TO CHOOSE

- Rutabagas often have a waxed, rough exterior to help prevent them from drying out.
- Choose ones that are firm. Avoid any that have bruises, soft spots or green shoots.

HOW TO PREPARE

- **Microwave:** Wash and poke the rutabaga with fork, wrap in paper towel and place in a microwavable dish. Cook on high (15-20 minutes), turning halfway through. When cool, cut off the stem and root part of the rutabaga, peel the skin and cut into desired size.
- **Oven:** Wash, cut off the stem and root of the rutabaga and cut in half. Place flesh side down in a casserole dish with a small amount of water and roast at 350°F (175°C) for 20 to 25 minutes. When cool, peel the skin and scoop out.
- Prepare rutabaga the same way you would prepare potatoes (e.g. roast, mash, etc.)
- Rutabaga can also be eaten raw when washed and shredded or sliced thinly.

HOW TO STORE

- Dark, cool and ventilated place (can store at room temperature for several months if no rot is present).
- After rutabaga is chopped, wrap and store in the fridge.

HOW TO FREEZE

- Wash, cut off ends, peel, chop into cubes.
- Blanch in boiling water for 3 minutes.
- Cool, drain and put into an air-tight container.

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RUTABAGA CHIPOTLE SOUP

Serves 5 | Prep: 10 mins | Cook: 60 mins

Difficulty level: Moderate



INGREDIENTS

- 3 tablespoons butter or margarine
- 1 medium yellow onion, diced
- 2 celery stalks, diced
- 2 large rutabagas, peeled and diced (yields about 5 cups)
- 4 cups of broth (chicken or vegetable)
- 2 cups heavy cream (or substitute with 1 ½ cups of milk and ½ cup of melted butter/margarine)
- 1/4 to 1 teaspoon ground hot pepper (i.e. chipotle, chili pepper)
- 1/4 teaspoon paprika
- Ground pepper and salt

INSTRUCTIONS

1. Melt butter in a large pot and add onion and celery, cooking until browned. Season with salt. Add the rutabaga and the broth and bring to a boil. Reduce heat, cover, and simmer until the rutabaga is fork-tender, about 30 minutes. Add the ground hot pepper and the pepper. Stir well.
2. Process mixture in a blender or food processor until smooth. Stir in the cream and taste.
3. Put blended items back in a pan and gently simmer for 15 minutes. Add salt/pepper, hot pepper, paprika if desired.

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Recipe adapted from thekitchn.com

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