

Rutabagas

Boiling:

Ingredients:

Medium-sized Rutabagas

Pat Of Butter

Peppers To Taste

Pinch Of Sugars

Salt To Taste

1 or 2 dashes ground curry

1 tbsp. olive (not virgin) oil

Peel the rutabaga with a paring knife or vegetable peeler.

Chop into half-inch cubes.

Place in a medium skillet with 1 1/2 c. water and bring to a boil.

Add a pat of butter or 1 tbsp. olive oil.

Add salt and pepper to taste.

Add a dash or two of good-quality Indian curry powder and a pinch of brown sugar.

Bring to a boil, then lower heat and simmer until fork-tender, about 10 to 15 minutes.

Drain and serve on a warmed plate.

**** Add bouillon to the water or cook it in broth to add even more flavor!**

Roasted:

I think the best way to cook a Rutabaga is to Roast it. Preheat your oven to 400 degrees, After peeling your rutabaga, cut it in half than cut them into bite size pieces, rub the pieces with Extra Virgin Olive Oil,season it with kosher salt and black pepper, than roast it for about 45 minutes to an hour in the middle rack of your oven and turn it once. And while you're doing that, you might as well roast some carrots,Yukon Gold potatoes, or any other root vegetables that you like with the Rutabaga. Just make sure their all the same size, you don't want some of them cooking quicker than the rest of them.



Microwaved:

Microwave whole rutabagas by wrapping in wax paper or paper towel, placing in microwave-safe dish, piercing with knife in several places, microwaving for ten to twenty minutes on high until tender when pierced with fork.

Tips and Tricks:

Mash a boiled rutabaga or two into your next batch of mashed potatoes. Not only will you get a beautiful golden color, your guests will wonder where the delicious, interesting taste comes from. Keep it a mystery and don't tell them.

Try boiled or steamed rutabagas with mustard butter. (For a simple mustard butter, combine 1/4 c. soft butter with 2 to 3 tsp. Dijon mustard, one minced garlic clove, and some finely chopped parsley.)

You can generally substitute rutabagas for turnips, although you might need to cook them a bit longer.

Be careful with the knife. Rutabagas are tough.