

Kohlrabi: How Do You Cook It?

Kohlrabi has a sweet but peppery flavor profile. You can find white, light green, or purple kohlrabi.

Every part of a kohlrabi is edible. The leaves and stems are best sautéed or added to a stir-fry. The bulb can be eaten raw, or can be roasted, steamed, boiled, and mashed like a potato.

While the outer layer is edible, it is rather fibrous and won't break down after cooking. If you decide to peel the skin, be sure to save the scraps to make homemade vegetable broth!

Kohlrabi bulbs can last up to a week in the fridge. To maintain freshness, wrap the bulbs in a damp paper towel and place in a produce bag in the fridge.

菜头 Kohlrabi

富含叶酸，是孕妇需要的营养素

Rich in folate, which is an important nutrient for pregnant women

钙和镁含量高，可以加强骨密度

High in calcium and magnesium, which helps bone density

每 100 克
30 卡路里 2g 蛋白质
0.4g 脂肪 1.3g 纤维
4g 碳水化合物, 3.8g 总糖

PER 100 GRAMS:
30 calories 2g protein
0.4g fat 1.3g fiber
4g carb, 3.8g total sugars



大头菜：你怎么做的？

大头菜有一种甜而辛辣的味道。大头菜可以是白色、浅绿色或者紫色的。

大头菜的每一部分都可以食用。叶子和茎可以炒用或加入炒菜。鳞茎可以生吃，也可以像土豆一样烤、蒸、煮然后捣碎。

大头菜的外层可以食用，但它纤维非常多，烹饪后不会分解。如果您决定剥皮，皮也可以留下来煮做自制蔬菜汤底！

大头菜球茎可以在冰箱中保存一周。用湿纸巾包菜茎才放入纸袋会有保鲜作用。



季节：6月, 9月至11月
Season: June, Sept.-Nov.

富含类胡萝卜素和其他抗氧化剂
Rich in carotenoids and other antioxidants.

由于其含硫化合物，可能表现出抗癌特性
May demonstrate anti-cancer properties due to its sulfur-containing compounds

吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 菜头

Vegetable Spotlight: Kohlrabi



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大头菜香辣面 (4人份)

Spicy Kohlrabi Noodles

食材

(serves 4)

- 3根大头菜，切丝
- 4捆米粉，煮熟
- 1个墨西哥辣椒，切片
- ½束香菜
- 1包老豆腐，切丁
- 2汤匙辣椒油
- 2汤匙鱼露
- 2汤匙米醋
- 3瓣大蒜，切碎
- 1汤匙生姜，切碎
- ¼杯花生，压碎

INGREDIENTS

- 3 kohlrabi, shredded
- 4 bundles rice noodles, cooked
- 1 jalapeno, sliced
- ½ bunch cilantro
- 1 package firm tofu, cubed
- 2 tbsp chile oil
- 2 tbsp fish sauce
- 2 tbsp rice vinegar
- 3 garlic cloves, minced
- 1 tbsp ginger, minced
- ¼ cup peanuts, crushed

做法步骤

1. 将鱼露、米醋、辣椒油、大蒜、生姜、豆腐、大头菜和墨西哥辣椒在一起。冷却约 30 分钟。
2. 将腌制的大头菜与面条、香菜和碎花生一起搅拌，以自己的口味调味。尽情享受吧！

INSTRUCTIONS

1. Mix together the fish sauce, rice vinegar, chile oil, garlic, ginger, tofu, kohlrabi, and jalapeno. Chill for ~30 min.
2. Toss the marinated kohlrabi with noodles, cilantro, and crushed peanuts. Taste and adjust seasonings. Serve cold and enjoy!



厨师小建议



大头菜有白色和红色（紫色）两种！两种都有绿叶，但红色的香味往往更浓。较小的大头菜会在成熟时产生更尖锐、更像萝卜的味道，所以往往会更甜。

DID YOU KNOW?

There are both white and red (purple) varieties of kohlrabi! Both grow green leaves but the red variety tends to be tougher and stronger in aroma. Smaller kohlrabi tends to taste sweeter as it develops a sharper, more radish-like flavor as it matures.

