

Chilled Kohlrabi Soup

Recipe courtesy of Beth Roy

Ingredients

- 1 medium white onion
- 5 garlic cloves
- 3 small or 1 LG kohlrabi
- 2-3 Tbs olive oil
- 1 vegetarian pepper
- 1 ghost pepper
- 3 branches of parsley
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper
- 2 scallions
- 1/2 can of coconut milk (about 7 oz)
- 1/2 leaf of Jamaican bay leaf (or bay laurel leaf)
- 1/2 lemon juice (or lime)
- 1 Tbs brown sugar (do not substitute)
- 1 Tbs fish sauce (or Worcestershire sauce if prefer)
- 1 sprig fresh rosemary
- 1/3 cup chicken stock (or veg stock if prefer)

Directions

1. Chop onion (small dice). Peel and cut garlic cloves in half. Chop pepper to small diced pieces.
2. Peel and chop kohlrabis (medium dice), set the leaves aside
3. In a medium saucepan, heat up oil (low-medium heat)
4. Sauté onion, garlic and pepper until soft (about 7 mins)
5. Add kohlrabis
6. Stir often. Cook until kohlrabis are soft. You may need to add oil
7. Add ghost pepper sliver (no seeds)
8. Chop parsley and scallions. Add to saucepan
9. Add salt and pepper
10. Add coconut milk, Jamaican bay leaf, lemon juice, sugar, fish sauce (or Worcestershire sauce), rosemary (do not take rosemary apart) and vegetable stock (or chicken stock)
11. Cook for another 15 mins
12. Taste for Scoville level. If Scoville level high: add 1/4 cup of coconut milk. If Scoville level low: add another sliver of ghost pepper.
13. When cool, remove bay leaf and rosemary.
14. Blend on highest setting until perfectly smooth
15. Return to clean saucepan
16. Taste and adjust seasonings (salt, pepper, ghost pepper and lemon juice)
17. If seasonings are adjusted, cook another 5 mins on medium
18. If coconut milk was added for Scoville level (step 14), cook another 10 mins
19. If too thick, add a small amount of broth for right consistency. Stir and cook another 5 mins
20. All seasonings can be increased to desired taste
21. Transfer cooled soup to a glass or plastic container and put in the refrigerator



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Ingredients

TOPPING FOR SOUP

- Kohlrabi leaves
- Oil
- Salt
- Fresh ground pepper

Directions

1. Select the best looking leaves and rinse under water
2. In a bowl, lightly oil each leaf making sure that the leaves are completely covered
3. Salt and pepper each side
4. Lay out each leaf on a sheet pan
5. Set in the oven at 350F until leaves are crispy
6. Decorate soup with leaves



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