

# FOOD

## Root Vegetables

Most people are familiar with common root vegetables like potatoes, onions, garlic, carrots and the like, but aren't as knowledgeable about the not so glamorous ones, namely turnips, rutabagas, and parsnips. These "Lowly" vegetables have recently enjoyed a renaissance of sorts.

### Roasted Root Vegetable Medley

#### Ingredients

- 8 to 12 slender carrots, peeled and trimmed
- 8 to 12 baby turnips, peeled
- 6 to 8 fingerling potatoes, scrubbed and cut lengthwise in halves
- 1 or 2 large parsnips, peeled, trimmed, and cut diagonally into 1-inch-thick slices
- 1 or 2 medium onions, trimmed, peeled and halved, each 1/2 cut into quarters
- 1 or 2 large beets, peeled, cut into thick wedges

- 1 or 2 kohlrabi bulbs, peeled and cut into thick wedges
- 1 celery root, trimmed and halved, halves cut crosswise into 1-inch-thick slices
- 1 whole head garlic, separated into cloves, unpeeled
- 2 or 3 sprigs fresh rosemary, sage, or thyme
- Salt
- Freshly ground black pepper
- Extra-virgin olive oil

#### Preparation:

1. Preheat the oven to 400 degrees F.
2. Put all the vegetables and the herb sprigs in a large baking dish. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly.
3. Put the baking dish in the preheated oven and cook, stirring the vegetables occasionally, until they are tender and golden brown, about 45 minutes. Serve the vegetables from their baking dish or transfer them to a platter to accompany a roasted main course.



### Root Vegetable Potpie

This is a great vegetarian, lowfat and healthy version of potpie. Add chickpeas or tofu for a complete main dish.

#### Ingredients

- 1 1/2 cups vegetable broth
- 3/4 cups frozen green peas, thawed
- 1/2 cup (1/2-inch) cubed peeled baking potato
- 1/2 cup (1/2-inch) cubed peeled sweet potato
- 1/2 cup (1/2-inch) cubed peeled celeriac (celery root)
- 1/2 cup (1/2-inch-thick) slices carrots
- 1/2 cup chickpeas or cubed tofu (optional)
- 1/4 cup all-purpose flour, divided
- 3/4 cups fat-free milk
- 3 tbsp cup chopped fresh parsley
- 2 tbsp. chopped fresh thyme
- 1 1/2 tsp. salt

- 1 tsp. freshly ground black pepper
- Cooking spray
- 1/2 sheet frozen puff pastry dough, thawed
- 1/2 cup diced onions or (5-ounce) package frozen pearl onions



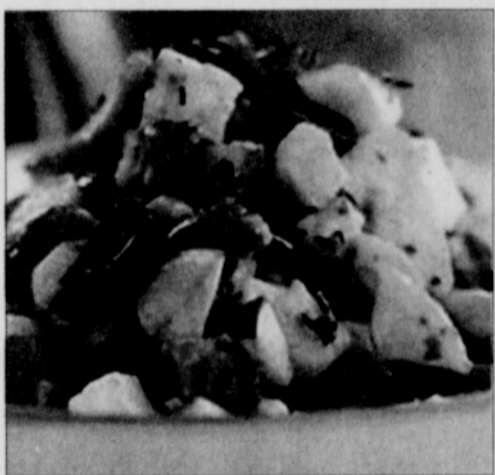
#### Directions

1. Preheat oven to 400°.
2. Bring broth to a boil in a large Dutch oven. Add peas and next 5 ingredients (through onions, or beans is using) to pan; cover, reduce heat, and simmer for 10 minutes or until vegetables are done. Remove vegetables from broth with a slotted spoon; place in a large bowl.
3. Increase heat to medium. Lightly spoon flour into dry measuring cups; level with a knife. Place all but 1 tablespoon flour in a medium bowl; gradually add milk to bowl, stirring with a whisk until well blended. Add milk mixture to broth; cook for 5 minutes or until thickened, stirring frequently. Stir in vegetable mixture, parsley, thyme, salt, and pepper. Spoon mixture into a baking dish coated with cooking spray, or individual crock pots or ramekins.
4. Sprinkle remaining 1 tablespoon flour on a work surface; roll dough into a rectangle. Place dough over chicken mixture, pressing to seal at edges of dish. Cut small slits into dough to allow steam to escape; coat dough lightly with cooking spray. Place dish on a foil-lined baking sheet. Bake at 400° for 16 minutes or until pastry is browned and filling is bubbly.

### Root Vegetable Pear And Chestnut Ragout

#### Ingredients

- 1 1/2 pounds celery root, peeled and cut into 1-inch dice
- 1 1/4 pounds turnips, peeled and cut into 1-inch dice
- 4 Bosc pears (1 1/2 pounds) - peeled, cored and cut into 1-inch dice
- 1 1/4 pounds baby golden beets (2 bunches), stems trimmed
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 large shallot, minced
- 1 tablespoon coarsely chopped thyme
- 1 1/2 cups chicken stock or low-sodium broth
- 1 cup roasted peeled chestnuts from a jar (vacuum-packed)
- Salt and freshly ground pepper
- 3 tablespoons unsalted butter, at room temperature



This ragout is a wonderful mix of winter vegetables and fruit and an excellent accompaniment to a beef rib roast.

#### Preparation

1. Bring a large pot of salted water to a boil over high heat.
  2. Add the celery root and boil until tender, about 6 minutes.
  3. With a slotted spoon, transfer to a large baking sheet.
  4. Add the turnips to the pot and cook until tender, about 5 minutes.
  5. Transfer to the baking sheet.
  6. Repeat with the pears, cooking them for 2 minutes, then transfer to the baking sheet.
  7. Add the beets to the pot and simmer 15 minutes.
  8. Drain the beets and transfer to a large plate.
  9. Let cool slightly, then peel and quarter the beets.
  10. Return the pot to the stove.
  11. Add the olive oil, and when it's hot, add the garlic, shallot and thyme and cook over moderate heat until softened, about 5 minutes.
  12. Add the stock and boil over high heat until reduced to 1 cup, about 5 minutes.
  13. Add the celery root, turnips and pears, cover and cook over moderately high heat, folding gently a few times with a heat-proof rubber spatula, until heated through.
  14. Add the beets and chestnuts and season with salt and pepper. Cover and cook until heated through, about 3 minutes. Gently stir in the butter, transfer the ragout to a bowl and serve.
- MAKE AHEAD:** The ragout (without the butter) can be refrigerated overnight. Reheat gently, then stir in the butter.

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