

## Exploring Root Vegetables

Root vegetables are at home in every part of a meal, from an appetizing pickle or salad, to hearty burgers, soups and casseroles to a closing cake or custard. Some roots are abundant in their gifts, such as the carrot and beet, whose root and green are both edible.

### Techniques for Variety and Flavor

For some, root vegetables do not have the same appeal as the juicy tomato or bright sweet pea. If we get to know them with open curiosity, their many endearing qualities become clear. Roots add a versatility to our pantries with their



*Dukkah: an Egyptian toasted nut-seed mix can be made at home and sprinkled on nearly any dish for a jolt of flavor and texture.*

long-storage potential. They are packed with nutrients and grow well here in a cold northern region. Whether a home gardener, or local food supporter, these vegetables can be sourced locally the majority of the year. When getting to know a new root, try it raw first. Without comparing to other vegetables, what does it have to offer in flavor and texture?

It's fun to create layers of texture, flavor and color, including toppings such as herb mixes, dukkah (see left), chopped pickles, nuts, spicy cream or peanut sauce. Varying your combinations can provide flexibility, along with variety in the same dish over time.

Read recipes with an eagle eye first, then adjust to seasonality, budget and preference. Recipes are a useful launch pad for inspiration as long as they don't hamper you from using your intuition and available ingredients. A dozen recipes follow with a wide range of cooking techniques. Remember to bring your pen into the kitchen so you can mark up the recipes with tips for your future self to enjoy.



*Potato and carrot galette*

*Info sheet and photos by M. Flip Filippi, 2020*

*Reach out with whole food cooking questions to [harvestkitchen@cornell.edu](mailto:harvestkitchen@cornell.edu)*

# Recipes

## Middle Eastern Carrot Salad

*This recipe is a favorite, due to its simple preparation and bright dynamic flavor. The ingredient pairing is a shout out to the part of the world where carrots were discovered, 5,000+ years ago.*

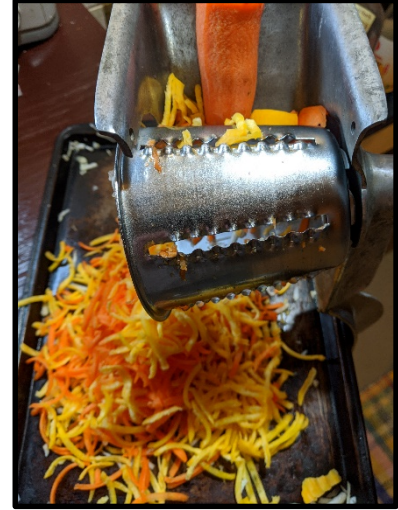
**Time: 10 minutes' prep**

### Ingredients

- 4 cups grated carrots
- 3 TBSP fresh lemon juice (zest optional)
- 3 TBSP vegetable oil
- ½-1 tsp ground coriander
- ½-1 tsp salt
- 2 tsp chopped fresh mint or ½ tsp dried
- 1 TBSP chopped fresh parsley
- 1 to 2 tsp honey or maple syrup

### Instructions

1. Mix all the dressing ingredients together then pour over carrots. Taste and adjust seasonings as needed. Letting the salad sit for at least 10 minutes allows the flavors to meld.



The King Cutter is a whiz at slicing and shredding.

## Celeriac and Parsnip Puree

*Give this a whirl at least once because the result is greater than the sum of its parts. While mashed potatoes can become “gluey”, this puree is very light with a dash of sweetness. Celeriac looks like a wild beast, but the interior is mild celery-esque, crunchy and never overpowering in a dish. While the celeriac is always peeled due to its rough exterior, many nutrients reside in the skin of the parsnip, when possible scrub well instead of peeling.*

**Yield: 3 cups**

### Ingredients

- 1 ½ lbs celery root, peeled
- ½ lb parsnips, scrubbed
- ½ cup heavy cream
- 2 TBSP unsalted butter
- ¼ tsp salt
- ½ tsp pepper
- Dash of nutmeg (optional)



Celeriac or celery root

1. Dice into equal sized, large chunks such as 1-inch.
2. Cook roots until very tender. Boiling, steaming and roasting are all options.

3. Transfer vegetables into a food processor, blender or mixing bowl. Add butter to melt in the residual heat of the roots. Add the cream, salt and pepper. Blend to desired texture. For a smooth puree, this make take a full minute.
4. Taste and season with additional salt, pepper or nutmeg as needed.

## Composing a Hearty Winter Salad

*The trick to a winter salad is finely chopping or grating your vegetables. Cabbage is an excellent base; then add grated carrots, beets, fennel or celeriac. If you enjoy raw alliums, add a finely diced red onion, shallot, garlic or scallions. For additional sweetness, consider chopped apples or pears, or toss in dried fruits such as raisins or cranberries. For additional crunch, try raw or toasted nuts or seeds such as walnuts or sunflower seeds. For contrasting sharpness and texture, try feta cheese or chopped pickles. Be creative, and compose a salad made of ingredients you enjoy. Pair the salad with a tangy dressing such as one of the below options. When sampling a dressing before tossing onto the salad, it should taste a bit strong, since its power will be diluted once coating the vegetables. Mix well and let sit for at least 10 minutes before eating*



### Creamy Cilantro Dressing

#### Ingredients

- ¼ cup plain yogurt
- zest and juice 2 limes
- 1 seeded jalapeno pepper
- ½ cup chopped, packed cilantro leaves
- ½ teaspoon cumin
- 1 tsp grated ginger (optional)
- Salt and pepper, to taste

*Combine all ingredients, blending well.*

### Birdsfoot Sesame Dressing

#### Ingredients

- ½ cup olive oil
- ½ cup nice vinegar
- ½ cup water
- 2 TBSP soy sauce
- 1-2 cloves of garlic or pureed garlic scapes
- 2 TBSP tahini or toasted sesame seeds
- Pepper
- Half an onion, minced
- Dash of honey or maple, to taste

*Birdsfoot Farm in Canton, NY makes a batch of this dressing weekly. Whether tossing over a fresh root or green salad, or to marinate kale to cook down, it's a standby in their kitchen.*

## Beet and Walnut Dip

*This spread is excellent as a dip for chips or flatbread, but is also delicious as a topping for beans or grains. Toasting the walnuts and cumin brings exponential depth and draws out new flavors in the ingredients. Take time to sample and adjust the flavors so your end result has a balance of tanginess, toastiness and creaminess- it's worth the extra effort!*

**Yield: 2 cups**

**Time: 20 minutes' prep**

**Ingredients**

- ½ cup walnuts
- 1 TBSP cumin seed
- ½ ounce stale bread, approx. one slice
- 7 ounces cooked beets, cut into cubes, approx. 2 medium
- 1 TBSP tahini or smooth peanut butter
- 1 large garlic clove, minced
- Juice of one lemon, 2-3 TBSP (zest also, optional)
- A dash of olive or avocado oil
- Salt and pepper to taste

1. Set up a food processor or blender and add the bread.
2. Warm a small frying pan over medium heat. Add the walnuts and toast for approximately three minutes until fragrant. Toss the nuts into the food processor.
3. In the hot empty pan, add the cumin seeds. Toast the seeds, shaking until they start to darken and release their aroma. This will take less than 30 seconds, be mindful not to burn them. Crush the seeds in a mortar and pestle or a spice grinder.
4. Pulse the bread and toasted nuts in the food processor until they are fine crumbs. Add the beets, tahini (or peanut butter), garlic and cumin, juice of half of the lemon, 2 tsp oil, and a pinch of salt and pepper. Blend to a thick, creamy paste.
5. Taste and adjust as you like by adding more of cumin, lemon, salt and/or pepper. Loosen with a dash more oil if needed and blend to fully combine.
6. Serve at room temperature. The dip will last in the fridge for 7 days

## Roots Medley Frittata

*This one-dish recipe is flexible and works well with surplus produce or leftovers. The egg is poured over the hot roasted vegetables. Use a heavy ceramic or cast iron pan which retains heat well.*

**Yield: 1 9x9" pan or equivalent**

**Time: 10 minutes' prep, 50-60 minutes baking**

**Ingredients**

- 1 ½ lbs mixed vegetables such as onions, carrots, parsnips, beets, celery root, or squash
- 2-4 large garlic cloves, finely chopped
- 3-4 TBSP vegetable oil
- Salt and pepper
- 8 large or 9 medium eggs, at room temperature
- 2 tsp dried or 2 TBSP fresh herbs, such as parsley
- ½ cup grated Parmesan or other hard cheese



1. Preheat oven to 375°F.
2. Prepare your vegetables; peel shallots or onions and thickly slice; peel roots and cut in ½ inch chunks; peel squash or pumpkin de-seed and cut into 1-inch cubes
3. Place vegetables in a flat ovenproof pan (9"x9) or skillet (10"). Toss with garlic, oil, salt and pepper.
4. Place in oven to roast for about 40 minutes, stirring halfway through, until the vegetables are all tender and starting to caramelize.
5. In a separate bowl, beat together the eggs and herbs with a dash of salt and pepper.
6. Remove the dish from the oven, pour egg mixture evenly over the vegetables and scatter the grated cheese across the top.
7. Return to the oven 10-15 minutes or until the egg has set and the top is starting to darken. If your oven has a broiler, you can use that to accelerate the browning of the top once the eggs have set.
8. Leave to cool slightly, then slide frittata onto a serving dish. Serve warm or room temperature.

## Master Recipe for Roasted Vegetables

*The roasting process mellows and concentrates the flavors. An array of produce can be used, seasonally adjusting throughout the year. Once cooked there's many options such as enjoying as is, drizzling with a zingy sauce, dolloping onto a salad, blending for puree/sauce, filling for quiche/frittata or pizza topping. This recipe can be easily doubled to create enough for a current meal with leftovers to jumpstart the next meal. Evenly coating with oil allows vegetables to cook and caramelize for richer flavor rather than drying and burning.*

**Yield: 6 cups**

**Time: 10 minutes' prep, plus 30-40 minutes roasting**

### Ingredients

- 8 cups diced vegetables, consider a mix to highlight a range of flavors and colors
- 3 TBSP high heat oil such as olive, coconut, avocado
- Herbs of choice, such as one of these options
  - 1 tsp dried herbs such as thyme, tarragon, basil oregano, rosemary, herbes de Provence or Italian seasoning
  - ¼ cup fresh such as parsley, basil or cilantro
- Salt and ground black pepper



1. Adjust the oven rack to the lowest position and pre-heat to 450° F. Coat a large rimmed baking sheet with a thin film of cooking oil or line with parchment paper.
2. Toss vegetables with oil. If using dried herbs, incorporate now with a generous ng of salt and pepper. Spread vegetables in a single layer on baking sheet to roast for 20 minutes.
3. Remove the sheet from oven and stir the vegetables. Return to the oven and continue roasting until cut sides are browned, 10-15 minutes longer. Remove from the oven and toss with fresh herbs, if using.
4. Serve as is or incorporate into other recipes. Leftovers will last up to 7 days refrigerated.

## Pan-Fried Sunchokes in Sage Butter

*Also, called Jerusalem Artichokes, these tubers are in the sunflower family and Native to North America. They are high in iron with a low glycemic index.*

**Time: 10 minutes' prep, 10-12 minutes cooking**

### Ingredients

- 3 TBSP butter, divided
- 1 TBSP olive oil
- 1 pound Jerusalem Artichokes, scrubbed and cut into ¼ inch rounds
- 3 TBSP coarsely torn fresh sage leaves
- Salt and pepper
- 1 tsp fresh lemon juice, plus optional dash of zest
- 2 TBSP fresh parsley, minced



1. Melt 1 TBSP butter and 1 TBSP olive oil in large nonstick or cast iron skillet over medium-high heat.
2. Once hot, add the sunchokes. Sprinkle with salt and pepper.
3. Sauté until brown and beginning to soften, turning frequently, 10-12 minutes.
4. Using slotted spoon or spatula, transfer sunchokes to serving bowl.
5. Add remaining 2 TBSP butter and sage to the skillet; fry until the sage begins to crisp, about 30 seconds. Remove from heat. Add lemon juice.
6. Pour lemon-sage butter over sunchokes in bowl, tossing to coat.
7. Sprinkle with parsley and optional dash of lemon zest. Season with salt and pepper to taste.

## Root Leek Fermented Pickle

*Tailor this recipe to fit your flavor preferences and seasonally abundant produce. Ferments are rich in probiotics and can be used sparingly to top or complement nearly any dish.*

**Yield: 3 cups**

**Time: 20 minutes' prep, 2-3 weeks' fermentation**

### Ingredients

- 2 lbs carrots, radish, leeks (or onion)
- 1 cup non-chlorinated water
- 1 TBSP sea salt
- Optional**
- 1 TBSP red pepper flakes
- 1 TBSP ginger root, minced
- 1-3 cloves of garlic, peeled and minced



### Instructions

2. Wash all vegetables, scrubbing and/or peeling roots. Slice into ¼-inch rounds.
3. Toss in remaining ingredients and massage for a couple minutes until vegetables are glossy and slightly softened, up to 5 minutes.

4. Fill a wide mouth quart jar ~80% with vegetables, packing them tightly while avoiding bruising.
5. Make sure all vegetables are covered by the liquid brine, leaving at least 1" of space at the top but not more than 2". Add supplementary brine if needed to cover vegetables.
6. Add a well-fitted weight to hold all vegetables under the brine: small jar or metal bowl, ceramic or glass weight, quart freezer bag with salt brine inside, etc.
7. Affix the lid lightly on jar, but not tight, or use a jar-top fermenter device according to its directions.
8. Place jar in a bowl or on a plate to catch any overflow of brine, and set on the counter, not in the sun. If pickles overflow, unscrew lid, push vegetables back down and pour overflowed brine back in, or top off with supplementary brine\*. Reaffix top.
9. Allow to ferment for 7 days. After a day or two you will start to see bubbles, and the brine will become cloudy. This is the beneficial bacteria doing their job! Taste your pickles on day 7, if you like them, they are done. Ferment longer if you like them more sour. Refrigerate, and enjoy within 3 months!

## Chocolate Beet Brownie

*The beets add moisture to this dessert, as in carrot cake.*

### Brownie

- ¾ cup flour (or gluten-free mix)
- ¾ cup 100% cocoa powder
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 cup cooked beet puree (approx. 2 medium beets)
- 1 cup maple syrup
- ½ cup coconut milk
- 1 TBSP vanilla

### Frosting

- ¼ c dark chocolate chips
- 2 TBSP milk
- ¼ cup yogurt
- 4 TBSP cocoa powder, sifted
- ¼-½ cup confectioners' sugar



1. Pre-heat oven to 350°F.
2. Boil or roast beets until they can be punctured easily with a fork. This step can be done ahead of time.
3. Combine flour, cocoa powder, cinnamon, baking powder, baking soda and salt in a large bowl.
4. Shred beets until you have 1 cup of beet mash.
5. Toss into a medium bowl, mixing in the maple syrup, coconut milk and vanilla.
6. Stir the wet mix into the dry mix, combining thoroughly.
7. Oil a 9x9-inch pan and pour in the batter.
8. Bake for 25-30 minutes until a fork inserted into the center comes out clean.
9. For frosting, melt all ingredients in a double boiler, the microwave or directly on the stove on very low heat. Adjust ingredients to taste.
10. Wait until the brownies have cooled to frost.