



Roasted Kohlrabi and Eggs with Mustard and Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients



1 teaspoon brown mustard seeds



4 eggs



2 bay leaves fresh



4 teaspoons honey



8 small kohlrabi bulbs green trimmed (2 in. diameter)



4 servings kosher salt



0.3 cup olive oil divided

- ☐ 2 tablespoons sherry vinegar
- ☐ 0.5 cup sorrel* fresh stemmed chopped for garnish
- ☐ 1 tablespoon mustard stone-ground
- ☐ 1 teaspoon mustard seeds yellow
- ☐ 0 piece in. piece honeycomb
- ☐ 0 piece in honeycomb

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

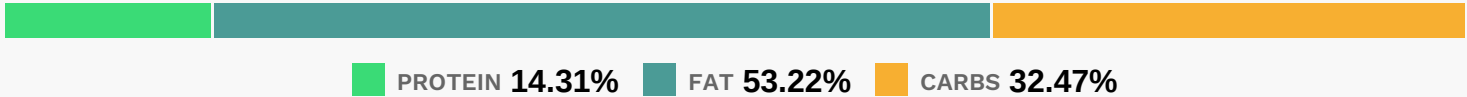
Directions

- ☐ Preheat oven to 25
- ☐ Put unpeeled eggs in a bowl of warm water.
- ☐ Pour 1/4 cup oil into an 8- by 8-in. pan, add kohlrabi, and turn to coat. Cover tightly with foil.
- ☐ Remove eggs from water and set directly on an oven rack. Set pan of kohlrabi on another rack. Roast eggs and kohlrabi 2 hours (eggs will be freckled with brown syrupy spots).
- ☐ Remove eggs, crack all over under cold running water, and put in a bowl of cold water to cool.
- ☐ Turn kohlrabi over in pan and cover tightly. Increase oven temperature to 375 and roast kohlrabi until butter-soft when pierced with a knife, about 1 hour.
- ☐ Remove foil, turn kohlrabi over, and roast until crisply browned, about 30 minutes more.
- ☐ Meanwhile, in a small saucepan, heat mustard seeds over medium-high heat until just starting to pop, 2 to 3 minutes.
- ☐ Add 1/2 cup water, the bay leaves, vinegar, and honey. Bring to a boil, then lower heat and simmer, covered, until mustard seeds are tender, 15 to 20 minutes. Uncover and boil sauce

until reduced to 1/2 cup, 2 to 5 minutes.

- ☐ Remove from heat and whisk in mustard. Season with salt to taste.
- ☐ Peel eggs. Chop and mix with sorrel in a medium bowl.
- ☐ While kohlrabi bulbs are still warm, tear some partway apart and some in half.
- ☐ Spoon egg-and-sorrel mixture among 4 plates or on a big platter. Arrange kohlrabi over the mixture, drizzle with honey-and-mustard sauce, and add a few small chunks of honeycomb. Top with small sorrel leaves.
- ☐ *Jeremy Fox uses red sorrel, wood sorrel, and sheep sorrel from Ubuntu's garden, but any kind of sorrel will work. Find honeycomb at well-stocked grocery stores and farmers' markets.
- ☐ Quick twist: Replace the kohlrabi with small unpeeled Yukon Gold potatoes. Roast and serve them exactly the same way.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:4.58, Inflammation Score:-8, Nutrition Score:20.390869368678%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.92mg, Luteolin: 3.92mg, Luteolin: 3.92mg, Luteolin: 3.92mg Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 18.44g (28.37%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 14.18g (5.15%), Sugar: 13.82g (15.35%), Cholesterol: 163.68mg (54.56%), Sodium: 359.03mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin C: 189.17mg (229.29%), Fiber: 11.13g (44.53%), Potassium: 1129.07mg (32.26%), Vitamin B6: 0.53mg (26.65%), Selenium: 18.55µg (26.51%), Vitamin E: 3.9mg (25.99%), Manganese: 0.48mg (23.88%), Phosphorus: 236.52mg (23.65%), Copper: 0.43mg (21.5%), Folate: 79.8µg (19.95%), Magnesium: 73.89mg (18.47%), Vitamin B2: 0.27mg (15.79%), Iron: 2.41mg (13.41%), Vitamin B1: 0.18mg (12.06%), Vitamin B5: 1.19mg (11.92%), Calcium: 102.61mg (10.26%), Vitamin A: 501.6IU (10.03%), Vitamin K: 8.66µg (8.24%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.3mg (6.5%), Vitamin D: 0.88µg (5.87%), Zinc: 0.75mg (4.99%)