



# In the Kitchen

with Barb Agee ~ October 2016

## Buried Treasure - Root Vegetables!



If you love to eat seasonally, you will want to include these beautiful knobby vibrant rainbow-hued root vegetables in your fall meal planning. Try them raw, steamed, sautéed and roasted. They each have their own flavor characteristics.

### Sunchokes, Smoky Sausage, and Pepper Hash

8 cups cold water	2 garlic cloves, minced
1 teaspoon fresh lemon juice	½ teaspoon smoked-sweet paprika
1½ pounds sunchokes	1 tablespoon fresh thyme leaves
½ pound Yukon gold potatoes (about 1 large potato)	2 teaspoons lemon rind, grated and divided
3 tablespoons olive oil, divided	1 teaspoon kosher salt
6 ounces bulk sweet turkey sausage	¼ teaspoon freshly ground pepper
1 small red onion, chopped	2 teaspoons white wine vinegar
1 medium red bell pepper, chopped	6 large eggs

Preheat oven to 200°F. Combine 8 cups water and lemon juice in a large pot; add sunchokes and potato. Bring to a boil over high heat. Simmer 35 minutes or until sunchokes and potato are tender; drain. Cool. Peel sunchokes with a sharp knife. Cut sunchokes and potato into bite pieces.

Heat a large cast-iron skillet over medium-high; add 1 tablespoon oil to pan. Add sausage; cook 5 minutes, stirring to crumble. Add 1½ teaspoons oil, onion, bell pepper and garlic; cook 5 minutes. Transfer mixture to a plate.

Wipe pan clean with paper towels. Add remaining 1½ tablespoons oil to pan. Add sunchokes and potato; cook over medium-high heat 7 minutes, stirring occasionally. Add sausage mixture, paprika, 1 teaspoon thyme, 1 teaspoon lemon rind, salt and pepper. Keep in the oven.

Fill a saucepan with water to about 2-inches deep. Bring to a gentle simmer over medium heat; add vinegar to pan. Working with one egg at a time, crack egg into small bowl; gently slip egg into pan. Continue with the remaining eggs. Cook eggs 3 minutes; remove eggs in order that they were put in pan to a paper towel lined plate with a slotted spoon. Divide hash among 6 plates; top each with a poached egg. Sprinkle with remaining thyme and lemon rind.

## Glazed Turnips with Wine And Herbs

1 pound small to medium-sized turnips,      1 tablespoon brown sugar  
½ cup semi-dry white wine                      ½ teaspoon kosher salt  
½ cup chicken broth                              ¼ teaspoon freshly ground pepper  
1 tablespoon butter                              2 teaspoons fresh thyme leaves (*lemon thyme is best*)

Preheat oven to 450°F degrees. Peel and cut each turnip into 1-inch chunks.

Combine the wine, broth and turnips in a large oven-proof sauté pan with a lid; bring to a boil. Partially cover; reduce heat to medium and simmer for 4 minutes or until liquid is reduced to about ¼ cup. Add butter, sugar, salt and pepper, cook 2 minutes until turnips are glazed. Transfer turnips to the oven; roast for 5 minutes or until tender. Transfer turnips to a warm serving dish and sprinkle top with the thyme leaves. *Serves 4*

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## Baked Rutabaga with a Coffee-Laced Tomato Sauce

1½ tablespoons fresh thyme leaves, divided      6 compari, plum or Roma tomatoes  
2 teaspoons espresso powder                      2 tablespoons olive oil, divided  
1 tablespoon brown sugar                              1½ pounds rutabaga  
1 teaspoon kosher salt                              ⅓ cup water  
½ teaspoon freshly ground black pepper      2 tablespoons butter, softened  
1 teaspoon garlic powder

Preheat oven to 350°F.

Combine 1 tablespoon thyme, espresso powder, sugar, ¼ teaspoon salt, ½ teaspoon pepper and garlic powder in a bowl.

Halve tomatoes and place with 1 tablespoon of oil in a large bowl; toss to coat. Sprinkle espresso mixture over tomatoes; toss to coat. Arrange tomatoes cut side up on a rack inside a jelly roll pan. Bake for 1 hour or until skins start to pull away from tomatoes. Transfer tomatoes and any juice into a food processor. Pulse 5 to 6 times until tomatoes are chopped. Add 1 to 2 tablespoon water if necessary.

Peel rutabaga and halve crosswise, and cut into wedges then combine with ⅓ cup water in a 13 x 9-inch glass or ceramic baking dish. Drizzle with 1 tablespoon oil; sprinkle with a ¼ teaspoon salt. Cover dish with foil and bake for 45 minutes or until tender.

Transfer hot rutabagas to a large bowl using a slotted spoon; add butter to bowl. Sprinkle with ½ teaspoon salt and 1/8 teaspoon pepper; toss until butter melts. Add half of the tomato sauce; toss to coat. Transfer rutabagas to a warm serving bowl. Top with remaining sauce and sprinkle with fresh thyme leaves. *Serves 6*

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## Parsnip Ribbons with Miso Vinaigrette

2 tablespoons rice vinegar                              2 large parsnips, peeled  
1 tablespoon olive oil                              2 large carrots, peeled  
1 tablespoon white miso                              ½ cup cilantro leaves  
1 teaspoon granulated sugar                      1 tablespoon toasted sesame seeds  
¼ teaspoon black pepper

Whisk first 5 ingredients together in a large bowl. Shave parsnips and carrots with a vegetable peeler to equal about 4 cups, omitting the parsnip cores. Add parsnips, carrots and cilantro to dressing; toss to coat. Transfer to a serving plate and sprinkle with sesame seeds. *Serves 4*