

Kohlrabi Fries

Servings

6

Calories

30

Prep Time

3 days and 15
mins

Total Time

3 days and 45
mins

Skill Level

Difficult

Ingredients

1 pound Mann's Kohlrabi

3 cups milk

3 cups buttermilk, low-fat

For Seasoned Flour Mix

1 ½ cups all-purpose flour

1 cup potato starch

3 teaspoons Spanish paprika

3 teaspoons black pepper

3 teaspoons Kosher salt

2 teaspoon cayenne pepper



The Method

Peel and cut Kohlrabi into ¾-inch thick fries (a fry making machine can be used or cut by hand). Place Kohlrabi fries into a saucepan and cover with cold milk. Bring milk to a gentle simmer and cook until tender, about 12 minutes. Allow the fries to cool in milk.

Transfer the fries to buttermilk and store in the buttermilk until ready to use, up to 3 days.

Preheat fryer at 370°F.

In a bowl, combine all of the seasoned flour mix ingredients and mix thoroughly.

Dredge the Kohlrabi in the seasoned flour ensuring a liberal coating.

Place directly into hot oil and cook until golden.

Serve immediately with a dip (Romesco, Chimi Churi, Charmoula, flavored Aioli, etc).

Prepared by: Chef Tony Baker for Mann Packing Co..

Nutrition Facts

Serving Size: 383g | Servings: 6

Amount Per Serving

Calories 360 | Total Fat 4g (sat fat 2.5g trans 0g) | Cholesterol 15mg | Sodium 1510mg | Total Carbohydrate 69g | Dietary Fiber 4g |
Sugars 16g | Protein 13g | Vitamin D 0% | Calcium 30% | Iron 20% | Potassium 10%