



Free Range Chicken & Kohlrabi Tacos

with Lacto Fermented Vegetables



INGREDIENTS

1 large kohlrabi
3 to 3 ½ lbs. free-range chicken
1 tomato, diced & de-seeded
1 bunch cilantro
1 chile, diced & de-seeded
1 avocado, cut into ½ inch cubes
½ cup lacto fermented vegetables
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 ½ tsp. salt
1 ½ tsp. smoked paprika
1 tsp. coriander
½ tsp. cayenne pepper
1 lime, quartered
8 ounces homemade sour cream

DIRECTIONS

For the kohlrabi taco shell, it is best to use a mandolin or slicer. Slice kohlrabi thin so it is flexible enough to bend without snapping in half. Now you have a kohlrabi that is shaped like a taco shell and ready for filling. You can create any filling you want for this.

Dice the tomato, a few tablespoons of cilantro, chile, avocado and set aside. These will be used as your garnish. Combine chili powder, cumin, salt, paprika, coriander and cayenne in a small bowl for the taco seasoning. Season chicken breast with taco seasoning. Pan sear chicken breast until skin is nice and crispy, then cook in 400 degree oven for 8-10 minutes or until cooked through. Remove from oven and let rest for several minutes. Slice chicken breast and place into raw kohlrabi tortilla style shell and top with lacto fermented vegetables, garnishes, and freshly squeezed lime. Serve with sour cream.



Kohlrabi and Carrot Salad



INGREDIENTS

1 large kohlrabi, peeled, stems trimmed off, grated
1/4 head purple cabbage, shredded
2 medium carrots, peeled and grated
4 Tbsp. chopped cilantro
1 green apple, sliced
1/4 cup golden raisins (optional)
1/4 cup Greek Yogurt
1 Tbsp. cider vinegar
1 Tbsp. sugar
1 tsp. salt

DIRECTIONS

Combine the kohlrabi, apple, cabbage, carrots, cilantro, and raisins (if using) in a large bowl. In a smaller bowl, whisk together the Greek yogurt, cider vinegar, sugar, and salt. Pour the dressing over the slaw, and mix until fully coated. Chill for several hours before serving.



Lacto Fermented Kohlrabi and Carrots



INGREDIENTS

1 handful of fresh cilantro
1½ tsp. of mustard seed or coriander seed
2 Tbsp. sea salt
1½-2 cups of water, as needed
3 medium kohlrabi or cabbage, peeled and cut into julienne
1 medium carrot, peeled and cut into julienne

DIRECTIONS

Place fresh cilantro and mustard seed in the bottom of a quart jar. Combine water and salt; stir to dissolve. Pack kohlrabi and carrots on top of the herbs and spices, leaving 1½ inches from the top. Cover vegetables with water and salt brine, adding more water as needed to cover, but leaving 1 inch headspace. If necessary, weigh the vegetables down under the brine. Cover each jar with a tight lid, airlock lid, or coffee filter secured with a rubber band. Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, release cap daily to relieve excess pressure. Once the vegetables are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop.



Spicy Tuna & Kohlrabi Canneloni



TUNA

1/2 pound sushi grade tuna, cut into 1/4-inch cubes
1/4 cup sliced scallions
2 Tsp. gluten-free tamari
1 tsp. sesame oil
1/2 tsp. sriracha sauce
2 Tbsp. kewpie mayonnaise
2 tsp. sriracha sauce

KOHLRABI CANNELONI SHELL

1 large kohlrabi

DIRECTIONS

For the kohlrabi cannellini shell, it is best to use a mandolin or slicer. Slice kohlrabi thin so it is flexible enough to bend without snapping in half. Now you have a kohlrabi that is shaped like a shell and ready for filling. You can create any filling you want for this.

In a small bowl combine 2 Tbsp. mayonnaise and 2 tsp. sriracha sauce, thin with a little water to drizzle.

In a medium bowl, combine tuna with scallions, tamari, sesame oil and sriracha. Gently toss to combine. With the kohlrabi shell laying flat, add 1 to 2 tablespoons of spicy tuna and gently roll to form a cylinder. Trim the ends and you will have a beautiful gluten-free and refreshing Tuna and Kohlrabi Canneloni. Continue the process until you use up all the tuna. Drizzle with spicy mayo and sesame seeds and serve with extra tamari sauce on the side, if desired.