Turnips in Mustard Sauce

Notes: Turnips are best grown in northern areas or as a fall crop. They are hardy to fall frosts, may sweeten in cool weather. Turnips store well in your refrigerator. They are best quality when medium size (2 to 3 inches in diameter). Choose firm, unwrinkled turnips with root and stem ends intact; avoid soft spots.

Turnips in Mustard Sauce
2 tablespoons butter or olive oil
1 1/2 pounds turnips, peeled and cut into radish-sized pieces
salt and black pepper
1 teaspoon sugar
1 cup chicken or vegetable stock
2 tablespoons Dijon mustard
chopped fresh parsley or scallions

- In medium saucepan (that will hold vegetables in one layer), heat butter or oil over medium heat. Add turnips and sprinkle with salt and pepper. Cook uncovered, stirring once in a while, until the turnip begins to brown, about 10 minutes.
- Add the sugar and enough stock to cover, bring to a boil and cook uncovered until liquid has mostly evaporated and turnip is tender and brown, about 20 to 30 minutes. When done, liquid should be syrupy.
- Reduce heat and add mustard, stirring until it’s dissolved in the sauce. Adjust seasoning with salt and pepper, garnish, and serve hot or warm.
- For creamy mustard sauce: replace all or part of the stock with cream; instead of boiling, let it simmer gently at lower heat.

—Adapted from How to Cook Everything by Mark Bittman
Yellow Eye Beans with Turnips

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Yellow Eye Beans with Turnips
2 cups diced bacon (nitrates-free) [5 to 6 slices thick bacon]
1 jalapeno, fine dice
2 teaspoons chopped garlic [2 cloves]
2 cups diced onions [2 medium-sized onions]
1 pound Yellow Eye beans, soak overnight and drain
2 bay leaves
1 gallon 2 quarts chicken stock
2 sprigs thyme
2 pounds turnips, 1/2” dice
Salt and pepper

- Render the bacon in a heavy bottomed pot.
- Add the onion, garlic, jalapeno, and salt until the onion is transparent.
- Put the chicken stock, beans, bay leaves, and thyme into the pot and bring to a slow simmer.
- Cook the beans, uncovered or with lid ajar, until cooked halfway [45 – 60 minutes, depending on age of beans]. Stir in the turnips. [Add more water if necessary, beans should be barely covered.]
- Continue simmering until the beans are tender [another 30 – 45 minutes]. Season with salt and pepper.

— Adapted from Chef Peter Davis, Henrietta’s Table

The Turnip (Brassica rapa)
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