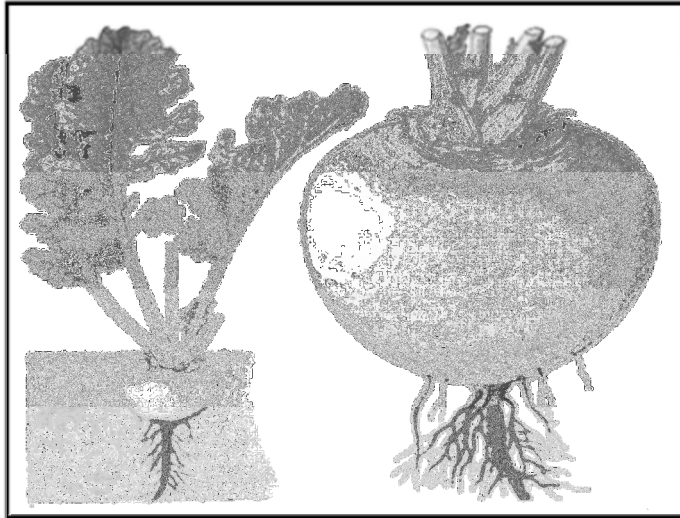


Turnips in Mustard Sauce



The Turnip (*Brassica rapa*)

Recipes and information from Seacoast Eat Local, made possible by a grant from Sustainable Agriculture Research and Education

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 ½ 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 (nitrate-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, ½" dice
Salt and pepper

- Render the bacon in a heavy bottomed pot.
- Add the onion, garlic, jalapeno, and sauté 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 half-way [45 – 60 minutes, depending on age of beans]. Stir in the turnip. [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*