

Pickled Kohlrabi: A Beginners Guide to Pickling

Recipe by Audrey Sun, Public Health-Global Health: Nutritional Sciences Major, UW Farm Fall Nutrition Education intern.



Photo from Audrey Sun, pictured left to right: pickled peppers, beets, and green tomatoes

This week's featured ingredient is purple 'Kohlibri' Kohlrabi, a [Cruciferous vegetable and member of the Brassica genus](#). Brassicas include produce like cabbages and collards which makes sense when you learn that Kohlrabi essentially means “cabbage turnip” in German. The

outside skin is tough and fibrous, but the flesh is crunchy and mildly sweet, similar to a daikon radish.

The recipe for this week is essentially a beginners guide to pickling. The recipe can be applied to many vegetables. From carrots to cauliflower, this basic cooking technique will help you preserve your summer produce so you can enjoy seasonal ingredients all winter long.

A simple 1:1:1:1 ratio, a cup of vinegar, a cup of water, a tablespoon of salt, and a teaspoon of sugar. This can be scaled up as necessary and seasoned however you want. Common pickling spices can include, black peppercorns, red chili flakes, bay leaves, garlic powder, mustard seeds, etc. I cannot emphasize how customizable pickling is. You can use any combination of your favorite spices and adjust the sugar and salt levels to your liking. I will say, a 1:1 ratio for vinegar and water is quite sour but helps it keep longer, if you reduce the amount of vinegar make sure you eat it quickly.

Kohlrabi is a bit of a tough vegetable to work with but I have some tips to make sure you don't waste a single part! First, the leaves on top are also edible. Cut them up and saute them with some garlic and olive oil for a delicious appetizer. Second, the skin on the outside is rather tough so you'll want to use a vegetable peeler to take it off, but don't throw it away! I like to save my vegetable scraps (carrot tops, herb stems, onion peels, etc) and make a delicious no-waste vegetable broth. All my scraps go in a ziploc bag in the freezer until I need some broth for a recipe. Then I dump it all into a pot, boil it for 20 minutes, run it through a strainer, compost the leftovers, and add the broth to whatever recipe I'm making.

Ingredients:

- 1-2 medium Purple Kohlrabi, peeled and cut into sticks as wide as you want.
- ½ a medium onion, halved and thinly sliced (perpendicular to the root so that you get the half moon onion cross section)
- 3-4 cloves of garlic, lightly smashed
- 1 cup vinegar
- 1 cup water

- 1 tablespoon salt
- 1 teaspoon sugar
- Customizable pickling spices:
 - Red Chili Flakes
 - ½ teaspoon of black peppercorns
 - 1 bay leaf

Instructions:

1. Peel and cut your onions and kohlrabi. Take your cloves of garlic and lightly smash them with the flat side of your knife, if you're scared of getting cut you can also use the palm of your hand.
2. In a clean jar(s) -I used a mason jar but you can reuse any sort of sealing jar (old pickle jars, jam jars, etc)- add your kohlrabi, garlic, onions, and pickling spices. Make sure it's tightly filled, don't be afraid to really pack it in.
3. Put your water, vinegar, salt, and sugar in a pot. Bring to a boil.
4. Pour the hot solution into the jar with your kohlrabi, fill to the top. Wipe the rim with a wet paper towel before capping. Flip the jars lid side down and let it sit overnight.
5. Store the jars in the fridge and enjoy dinner or eat as a nice snack. Pickled vegetables are best if eaten within a few weeks after opening, but can store unopened for a very long time (I've had pickles in the fridge for over a year and they were still just as tasty). However, if you've adjusted the vinegar levels they will not store as long

Nutrition Corner: Kohlrabi

Kohlrabi is an excellent source of fiber, vitamin C, potassium, and vitamin B6. Did you know! One serving of kohlrabi has almost a hundred percent of the recommended daily value of vitamin C!

A cup (135 grams) of raw kohlrabi provides:

Calories: 36

Carbs: 8 grams

Fiber: 5 grams

Protein: 2 grams

Vitamin C: 93% of the Daily Value (DV)

Vitamin B6: 12% of the DV

Potassium: 10% of the DV

Magnesium: 6% of the DV

Manganese: 8% of the DV

Folate: 5% of the DV

Source: [USDA](#)