

# RUTABAGA



*Produced by the Little Burgundy Coalition's Health and Food Committee and  
the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal*

Rutabagas were produced by crossing kale and turnips. Their flesh is yellow in comparison with turnips, whose flesh is white, and their flavour is more pronounced than turnips.

## BUYING IT

Choose a heavy and firm rutabaga without spots, and not too big because it may be too hard and fibrous.

## PREPARING IT

Peel it and cut it.

## USING IT

You can eat it raw or cooked. It can be added to soups and stews. When pureed, it can be mixed with potatoes and carrots. It can also be a substitute for turnips in most recipes.

## COOKING IT

Plan for at least 15 minutes if you are boiling rutabaga, and a little longer for steaming.

## NUTRITIONAL VALUE

It is an excellent source of potassium, a good source of vitamin C, it contains magnesium, folic acid and phosphorus.

## CONSERVATION

It will keep for at least 3 weeks in the refrigerator. It is easy to freeze once it has been blanched for 2 minutes or cooked and pureed.

## DID YOU KNOW THAT ...

Rutabagas belong to the cruciferous vegetable family, just like broccoli and cabbage.

# CREAM OF RUTABAGA SOUP

PREP TIME : 10 MINUTES

COOKING TIME : 32 MINUTES

PORTIONS : 6

## INGREDIENTS

30 ml (2 tbsp)	Non-hydrogenated margarine
2	Green onions, chopped
1 L (4 cups)	Rutabagas, cubed
1 L (4 cups)	Chicken stock*
45 ml (3 tbsp)	Maple syrup
60 ml (¼ cup)	Milk



## PROCEDURE

- Melt the margarine in a pot.
- Add the green onions and cook for 2 minutes.
- Add the rutabaga and the chicken stock.
- Bring to a boil, cover and let simmer for 30 minutes.
- Blend to get a smooth puree.
- Incorporate the maple syrup and milk, and re-heat.

*\* You can use vegetable stock instead of chicken stock to make a vegetarian version.*

# RUTABAGA AND POTATO GRATIN

PREP TIME : 15 MINUTES

COOKING TIME : 45 TO 50 MINUTES

PORTIONS : 4

## INGREDIENTS

80 ml (1/3 cup) Canola oil

1 Onion, chopped

250 ml (1 cup) Rutabaga, cut in matchsticks

250 ml (1 cup) Turnips, cut in matchsticks

250 ml (1 cup) Potatoes, cut in matchsticks

90 ml (1/3 cup + 2 tsp) Unsalted butter, melted

90 g (3 oz) Cheddar cheese, grated

Salt and pepper, to taste



## PROCEDURE

Preheat the oven to 400 °F (200 °C).

Melt the onion in oil for 2 or 3 minutes, without browning.

Dry the matchstick vegetables using a paper towel or dishcloth.

Place the onion in an oven-safe dish. Place a layer of rutabaga onto the onion, brush with melted butter, add salt and pepper and sprinkle with some of the cheddar. Cover with a layer of turnips, add melted butter, salt, pepper and cheese. Repeat with a potato layer. Top off with a layer of cheese.

Place the dish in the oven for 45 minutes, until the vegetables are tender and the cheese is light brown on top.