

Kohlrabi Fries  
"Kohlrabi: A Dinner Ally in Disguise," Martha Rose Shulman  
*The New York Times*/"Recipes for Health"  
March 5, 2012

Time: 30 minutes

Yield: 4 to 6 servings

**Ingredients**

1½ to 2 pounds kohlrabi

1 tablespoon rice flour, chickpea flour or semolina (more as needed)

Salt to taste

2 to 4 tablespoons canola oil or grapeseed oil, as needed

Chili powder, ground cumin, curry powder or paprika to taste

**Preparation**

1. Peel the kohlrabi and cut into thick sticks, about ⅓ to ½ inch wide and about 2 inches long.
2. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.
3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

**Tip** - *Advance preparation: You can cut up the kohlrabi several hours before frying. Keep in the refrigerator.*