


Kolhrabi Carrot Fritters with Avocado Cream Sauce

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Sonja



Isn't it fascinating that foods you never dreamed of are out there, just waiting for you to discover them? Neither Alex nor I had ever heard of kohlrabi until just a few years ago, when a kind farmer at the market slipped me a complimentary bulb "to see I what I thought of it".

I have to admit the poor kohlrabi turned shriveled before I got the time – or courage – to attempt eating it. This season, we've tried to be more diligent about trying this odd-looking little vegetable we've seen at the market. The most frequent answer we've heard to "What should I do with this?" is to slice the kohlrabi and eat it raw on a salad. Which, it turns out, is pretty delicious. It has a refreshing taste, similar to a broccoli stem.



The next time we picked up some kohlrabi, we thought we'd go for something more adventurous. Alex suggested the idea of a fritter, so we developed this recipe together.

[Side note: I'm not sure I could have ever dreamed "my husband and I developed a recipe for kohlrabi fritters" would be a sentence I'd ever write -- on so many levels! This coming from the girl who couldn't even boil water for pasta...]

I admit I was a bit skeptical (kohlrabi...fritters?), but these fritters turned out to be delicious! The biggest selling point was the avocado cream sauce — just avocado, yogurt, and a bit of fresh squeezed lemon juice, it turned out addictively good. We'd recommend the sauce whether your fritters are made of kohlrabi or not.

So, if you see an odd-looking purple or green bulb like the ones pictured above at your local farmer's market, we'd recommend giving them a try. And, we'd love any suggestions for other ways to use it, if you've ever tried a recipe with kohlrabi!

If you're an Indy local, check out [Indy Winter Farmer's Market](#) for some kohlrabi (we can't seem to remember the name of the vendor where this was purchased!).

Kohlrabi Carrot Fritters with Avocado Cream Sauce

by: a Couple Cooks

What You Need

- 2 kohlrabi
- 1 carrot
- 1 egg
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne
- ½ cup grapeseed or vegetable oil (enough for ¼-inch depth in a large skillet)
- ½ avocado
- ¼ cup plain yogurt
- ½ lemon
- ¼ teaspoon kosher salt
- Green onions (for garnish)

What To Do

1. Cut the leaves off of the kohlrabi, and peel the bulb. Peel the carrot. Shred the vegetables in a food processor (quick and easy!) or using a grater (slow method). Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a bowl with 1 egg, ¼ teaspoon kosher salt, ¼ teaspoon cayenne, and mix to combine.
2. Place ½ cup oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place balls of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.
3. In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon kosher salt to make the sauce (or blend together in a food processor).
4. Serve fritters with avocado cream sauce and sliced green onions, if desired.

Notes

These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

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