



Stuffed Kohlrabi, Two Ways

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Stuffed kohlrabi with two kinds of filling (bacon and cheese), baked in the oven. Get to know this delicious vegetable.

Course German Main Course
Cuisine German

Prep Time 30 minutes
Cook Time 1 hour 30 minutes
Total Time 1 hour 30 minutes
Servings 4
Calories 211kcal
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Ingredients

- 4 medium kohlrabies
- 8 ½ cups vegetable broth 2 liter
- 5 tablespoons finely chopped spring onions divided
- 3 tablespoons Parmesan divided

Filling 1:

- 9 oz potatoes 250 g, Note 1
- 2-3 slices bacon depending on size, Note 2
- 1 tablespoon finely chopped chives
- 1 egg yolk

Filling 2:

- 5.5 oz cherry tomatoes 150 g
- 2 tablespoons full-fat cream cheese Note 3
- 2 tablespoons crème fraiche Note 4
- fine sea salt and ground black pepper to taste

Instructions

Pre-cook the kohlrabi:

1. **Bring the vegetable broth to a boil.**
2. In the meantime, **peel and halve the kohlrabies.**
3. **Cook the kohlrabi halves** in the vegetable broth for about 20-30 minutes until cooked through but still firm to the bite (they should not fall apart).
4. Remove them from the broth with a slotted spoon and set them aside until **cool enough to handle.**
5. **If cooking potatoes**, cook them in a separate pot while the kohlrabies are pre-cooking.

In the meantime:

1. **Grate the Parmesan and finely chop the green onions.** Set them aside separately.
2. **Prepare the fillings.**
3. **Preheat the oven** to 400°F/ 200°C.

Filling 1:

1. **Peel, cut, and cook the potatoes** until tender. If you have leftover mashed potatoes or leftover boiled potatoes, you can use those.
2. **Fry the bacon** until crispy, let drain on kitchen paper and chop into small pieces.
3. **Mash the potatoes** (with a fork) in a medium bowl. **Add** the chopped bacon, 1 tablespoon of the grated cheese, 2 tablespoons of the green onions, the egg yolk, and the chives.
4. **Mix well** and adjust the taste with salt and pepper.

Filling 2:

1. **Tomatoes:** Halve the cherry tomatoes, discard the seeds and dry the inside of the tomatoes with kitchen paper. Chop the tomatoes very finely and place them in a second bowl.
2. **Add** the remaining chopped green onions (3 tablespoons), grated Parmesan (2 tablespoons), cream cheese, and crème Fraiche. Adjust the taste with salt and pepper.

Fill the kohlrabies:

1. **Scoop** some of the flesh from the kohlrabi halves until they resemble nests (Note 5).
2. **Fill kohlrabi:** Place the scooped halves in a lightly greased baking dish. Fill four halves with the first stuffing and the other four with the second stuffing.

Bake:

1. **Bake** for about 30 minutes until the stuffing is golden brown.
2. **Serve** immediately with a green salad.

Notes

1. You can make the recipe with leftover mashed potatoes or leftover cooked potatoes.
2. For a vegetarian version, replace it with finely chopped sun-dried tomatoes from a jar.
3. I prefer to use goat's cream cheese; it has a stronger flavor that pairs perfectly with kohlrabi. However, regular full-fat cream cheese is fine as well.
4. Sub with full-fat sour cream or smetana (Schmand).
5. Use the scooped-out kohlrabi flesh, the vegetable broth, the stems, and the leaves to make soup. You can add some more kohlrabi or/ and other vegetables to the broth. Leave the soup chunky or blend it to make it creamy. Add some heavy cream, cream cheese, or even milk in this case.

Nutrition

Serving: 2kohlrabi halves | Calories: 211kcal | Carbohydrates: 30g | Protein: 12g | Fat: 6g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Cholesterol: 62mg | Sodium: 859mg | Potassium: 973mg | Fiber: 9g | Sugar: 8g | Vitamin A: 494IU | Vitamin C: 116mg | Calcium: 144mg | Iron: 2mg