

Summer Salad of Kohlrabi and Mixed Leaves (Serves 4)

Local kohlrabi, now on sale in The Larder, is in season from July to November. This under-rated vegetable looks like a large turnip topped with green antennae and has a mild cabbage taste. Packed with vitamin C as well as magnesium and phosphorous, kohlrabi is great to use raw in a salad. Try this zingy, fresh salad with barbecued fish or chicken.

1. Peel and slice the kohlrabi thinly. Clean and slice the radishes thinly. Place in a bowl of ice cold water for 5-10 minutes. Drain, pat dry and put into a large mixing bowl.
2. Add the lemon juice and zest, olive oil, salt and pepper and mix well.
3. Add the salad leaves and parsley leaves and mix.
4. Arrange in a bowl or on a salad plate.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

- 2 kohlrabi
- 1 bunch of radishes
- Juice and zest of 1 lemon
- 1 tablespoon good olive oil
- ½ teaspoon Maldon sea salt
- 1 large bunch flat-leaf parsley
- 1 bag mixed leaves from local producer Adrian Izzard