



*Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand*

June 2014: Snappin' Peas & Tasty Turnips

The *Hakurei turnip*—or “salad turnip”—is a Japanese variety that is crisp, juicy and delicious raw. They are even-textured and versatile, but cook more quickly than other turnips, so steaming or sautéing is ideal. Although cooking enhances they're natural sweetness, they can also be eaten raw in salads and slaws.

Glazed Sugar Snap Peas and Hakurei Turnips

- 3/4 pound sugar snap peas, ends trimmed, strings removed
- 1 bunch Hakurei turnips, thinly sliced
- 1 Tablespoon vegetable oil
- 1 shallot, chopped
- 1 clove garlic, chopped
- 1 teaspoon sugar
- Salt and Pepper to taste
- 1 Tablespoon chopped parsley

Bring a medium sized pot of salted water to a boil. Add peas, cook for 3 minutes. Add the turnips and continue cooking for another 2 to 3 minutes. Drain vegetables.

In a medium sauté pan over medium heat, sauté shallots in the oil until translucent. Add the garlic and sauté until fragrant. Add the drained turnips and sugar snap peas along with the sugar and stir until glazed. Add salt and pepper to taste.

Sprinkle with parsley and serve immediately.

Makes 3 to 4 side dish servings

Pickled Hakurei Turnips

- 1 bunch Hakurei turnips (about 6)
- 1 teaspoon salt
- 1/2 cup rice vinegar
- 1 teaspoon sugar
- ½ teaspoon black peppercorns, crushed
- 3 thin slices fresh ginger

Wash the turnips and slice thinly. Place turnip slices in a small bowl and toss with salt. Let sit until there is a pool of liquid at the bottom of the bowl, about 30 minutes. Drain the turnips of the salty water and place in a pint size mason jar.

Add vinegar, sugar, pepper and ginger slices to the jar. Apply a watertight lid and shake to combine. Place in the refrigerator and chill before eating.

Pickles can be eaten after an hour of being made. They will keep, refrigerated, for at least a week.

Makes 1 Pint

Judy's Recipes

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Sugar Snap Peas with Miso Sauce

- 1 pound sugar snap peas, trimmed, strings removed
- 2 teaspoons canola or grapeseed oil
- 3 scallions, white and green, sliced
- 1 Tablespoon minced fresh ginger
- 1/4 cup orange juice
- 1/2 cup low sodium chicken broth (or vegetable broth)
- 1 Tablespoon rice vinegar
- 2 Tablespoons white miso
- 1 teaspoon toasted sesame oil

Place the snap peas in boiling water and cook for about 2 to 3 minutes, until crisp-tender. Drain and set aside in a bowl.

Heat the oil in a saucepan over medium-high heat. Add the scallions and ginger and sauté for 2 minutes. Add the orange juice, chicken broth and vinegar and cook for 5 minutes, uncovered. Turn heat to low and stir in the miso paste and sesame oil. Stir until miso is dissolved, about 1 minute.

Pour the sauce over the snap peas, toss to coat and serve.

Makes 4 side dish servings

Hakurei Turnip Sauté with Ginger, Carrots and Sugarsnap Peas

- 1 bunch Hakurei turnips, scrubbed, ends trimmed and sliced thinly
- 1 large carrot, sliced thinly on the bias
- 1/4 pound sugarsnap peas, ends trimmed, strings removed
- 1 – 1 inch piece of ginger, peeled and sliced into thin matchsticks
- 2 to 3 Tablespoons canola or grapeseed oil
- Pinch of salt
- 2 teaspoons soy sauce
- 2 teaspoons rice vinegar
- Handful of chopped scallions, chives or cilantro

Heat oil in large sauté pan over medium-high heat. Add ginger and cook 10 seconds. Add the turnips, carrot and peas, season with salt, and stir for 2 to 3 minutes. Remove from heat and transfer to serving dish.

Whisk together soy sauce and vinegar. Drizzle over vegetables and toss. Scatter herbs over the top and serve.

Makes 3 to 4 side dish servings