

vege

Recipe #11: september/october

Rutabagas au gratin



A recipe created especially for EPFL by Alexandre Bourlon, chef at Le Klee by Novae at Rolex Learning center



COST
2.20 CHF

Ingredients:

- 150 g** rutabagas
- 100 g** Agria potatoes
- 100 mL** heavy cream (35% fat)
- 50 g** de Tomme vaudoise
- 1-2** sprigs of thyme
- A pinch of nutmeg, salt and pepper

Preparation:

Thinly slice the rutabagas and potatoes

Heat the cream and Tomme Vaudoise in a saucepan, then add the nutmeg and thyme

In a casserole dish, layer the slices of rutabaga and potato

Pour the cream and Tomme mixture over the top until covered

Bake for 35 minutes at 190°C (375°F)

Enjoy !

Alexandre Bourlon,
Le Klee





About rutabagas

Rutabagas are cruciferous vegetables with a long history – humans have consumed them for centuries. They can be served both raw and cooked: grate them for a delicious raw salad or slaw, or enjoy them in a soup or gratin, alongside potatoes, as in the recipe above.

Nutritional benefits

Rutabagas have recognized health benefits. This low-calorie food is rich in fiber and contains a high concentration of vitamins B and C as well as potassium.

Additionally, rutabagas are a good source of folate, also known as vitamin B9, making it a choice vegetable for pregnant women because they promote the healthy development of the fetal nervous system.

What to look for

People often mistake rutabagas for turnips because the two look so much alike. Rutabagas are round, yellowish-white root vegetables with green leaves. Select those that feel heavy and have unblemished skin. Smaller rutabagas have softer flesh and milder flavor.

Storage

Rutabagas are best stored in a cool and dry place, away from light. They will keep for up to 10 days in the crisper drawer of your refrigerator.

Dr. Maryam Yepes,
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