

Braised Turnips with Miso

Slowly braising turnips with savory miso and a little organic butter gives them a sweet flavor and velvety texture. The addition of turnip greens adds a peppery bite. For a mellower flavor, use spinach.

6 medium turnips (about 2 pounds) plus 5 cups chopped turnip greens or spinach

2Tb butter, divided (if you are vegan use ghee or coconut oil)

1 large shallot sliced

1/4 tsp Celtic sea salt

1 cup chicken broth or vegetable broth, plus more if needed

Pinch of coconut sugar (optional if turnips are bitter)

4 teaspoons white miso

- Peel turnips and cut in half then into 1/2 inch wedges. If you get the organic totally white turnips from the farmers market you don't have to peel them. If you get the type with the purple edges peel.
- Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the turnips and salt and cook, stirring occasionally 3 minutes. Add shallots and cook until turnips are browned in spots and beginning to soften, 5-7 minutes.
- Add 1 cup broth and coconut sugar; reduce heat to maintain a simmer. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated, 15 to 20 minutes. (Add up to 1/2 cup more broth if the pan is dry before the turnips are tender.)
- Meanwhile, mash miso with the remaining 1 tablespoon butter in a small bowl until combined.
- When the turnips are tender, stir in the turnip greens (or spinach), cover and cook, stirring occasionally, until wilted, 2 to 3 minutes. Remove the pan from the heat. Add the miso-butter and gently stir until the turnips are well coated.