

# SALT BAKED KOHL RABI

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Serves 5

## INGREDIENTS:

5 Kohl Rabi  
500g Sea Salt  
500g Plain Flour  
100g Cold Water

## DIRECTIONS

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Place the water, plain flour and salt into a bowl and mix to form a pastry dough.

Roll your pastry out to 2cm thickness and encase your kohlrabi completely in pastry. Roast at 170°C in a pre-heated oven for 1 hour and 20 minutes.

Remove from the oven and allow to cool.

Remove the kohlrabi from the salt pastry and discard the pastry.

Trim the edge of the kohlrabi with a knife and it is ready to serve!

Note: Salt pastry cooking seals in all the flavours, allowing the vegetables to cook in their own juices, resulting in a distinctive taste. This method lets you cook vegetables for extended periods of time without burning and is suitable for most firm vegetables.