

Rutabaga with Dijon

4 - 6 servings

Ingredients

1 rutabaga (about 2 ½ lbs)

1 T butter

1 t salt

1 T grainy Dijon mustard

1 t honey

Directions

Cut the ends off the rutabaga.

Cut it in half lengthwise (root to stem).

Cut into 1" slices

Peel.

Cut into 1" cubes (basically)

Put in a medium sized saucepan.

Cover with water and add in the teaspoon of salt.

Bring to a boil over high heat, reduce to medium low, and cover.

Cook until fork tender, about 30 minutes.

Drain.

Return the pot to the stove; turn on the heat until for a minute or so to dry the rutabaga.

Turn off the heat and leave uncovered for 5 minutes. Shake the saucepan a couple of times during the time.

Mash the turnip well, making sure there aren't any big chunks.

Stir in the butter, Dijon and honey.

Enjoy this historic, nutritious vegetable!

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