

This recipe was inspired by Aunt Lotta's inventive vegetable cookery in the book

The Mystery of the Giant Kohlrabi

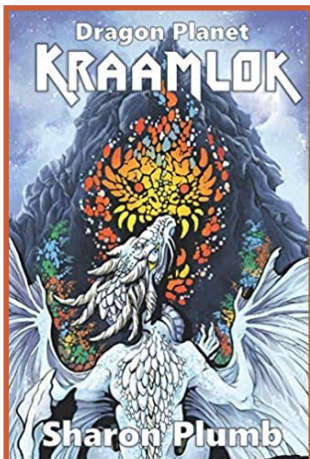
by Sharon Plumb!

sharonplumb.ca

Giant Kohlrabi

Coloring and Activity Book

- * All the illustrations from the book ready to color.
- * Mazes, crosswords, word search, logic puzzles
- * How to design your own caterpillar



Dragon Planet: Kraamlok!

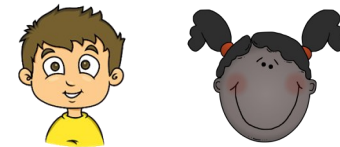
Snow dragon Tondoor must find a way to save his dragon world from an invader from the sky. Can he find the answer before the Kraamlok destroys them all?

Ages 11-15

Aunt Lotta's Famous Rutabaga Pie



An Illustrated Recipe for a Kid (you)



and a Helpful Adult (HA)



Making a Rutabaga Pie takes 7 steps:

1. Peel, cook and mash the rutabaga - p.3 (Okay, yes, that's really three things. Each of these "steps" is actually a list of different things to do.)
2. Make the pie crust - p.6
3. Mix up the wet part of the pie filling - p.9
4. Mix up the dry part of the pie filling - p.12
5. Make the pie and bake it - p.14
6. See if the pie is done - p.17
7. Eat the pie! - p.18 (Okay, this isn't a step in making the pie, but it is the whole purpose in making it!)

About Your Helpful Adult:

Some steps should be done by your HA. The recipe will tell you which things these are.

Your Helpful Adult ("HA") is there to help you. If any of the steps look too hard, ask your HA for help.

Get ready to cook!

- * Tie back your hair if it is long
- * Roll up your sleeves if they are long
- * Put on an apron if you have one
- * Wash your hands with soap and water.



Aunt Lotta's Famous Rutabaga Pie



A whole lotta rutabaga pies!

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Or through her website at <https://sharonplumb.ca>

Step 7: Eat the Pie!

First step: wait for the pie to cool. I know you don't want to, but the pie is 375 degrees Fahrenheit! That's WAY too hot to eat!



Also, the filling is still kind of mushy when it's hot, and the pie will hold together better when it is cold.

Planning your rutabaga feast...

While you wait, think about what you want your rutabaga pie feast to look like. You could eat the pie plain, or with:



Ice cream



yogurt



whipped cream

What else might you like to eat it with? Ask your HA for ideas and to help you get your toppings ready.

When the pie is cool, get out plates, forks, and your toppings. Cut the pie, put it onto plates, thank your HA for all the help, and

ENJOY your PIE!!!



Step 1: Prepare the Rutabaga

Food you will need:

A rutabaga that weighs about 1 pound (500 g). This will make about 2 cups (500 ml) of mashed rutabaga.



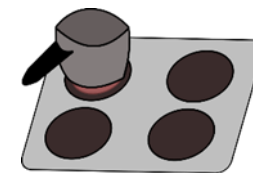
Items your HA will need:



vegetable peeler



knife and cutting board



pot with water and a stove



fork

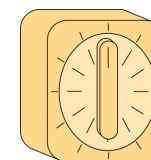


maybe a bowl

Items you will need:



potato masher or fork



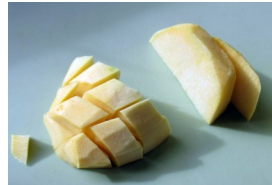
timer



strong muscles!

HA does this:

1. Peel the rutabaga and chop it into pieces about 1 inch (2.5 cm) big. They should be about the same size but if some of them aren't, that's okay.



2. Put the rutabaga pieces into a pot and cover them with water. Put the pot on the stove and turn the heat on high. Leave it there until the water boils. Turn the heat down to medium low and cover the pot. Simmer the rutabaga for 10 minutes.



(While the rutabaga is cooking, you can make the pie crust! [Go to Step 2.](#))

3. When the timer rings, take the lid off the pot and poke a fork into a piece of rutabaga. If the rutabaga breaks apart, it is done. If not, cook it for 5 more minutes and check it again.



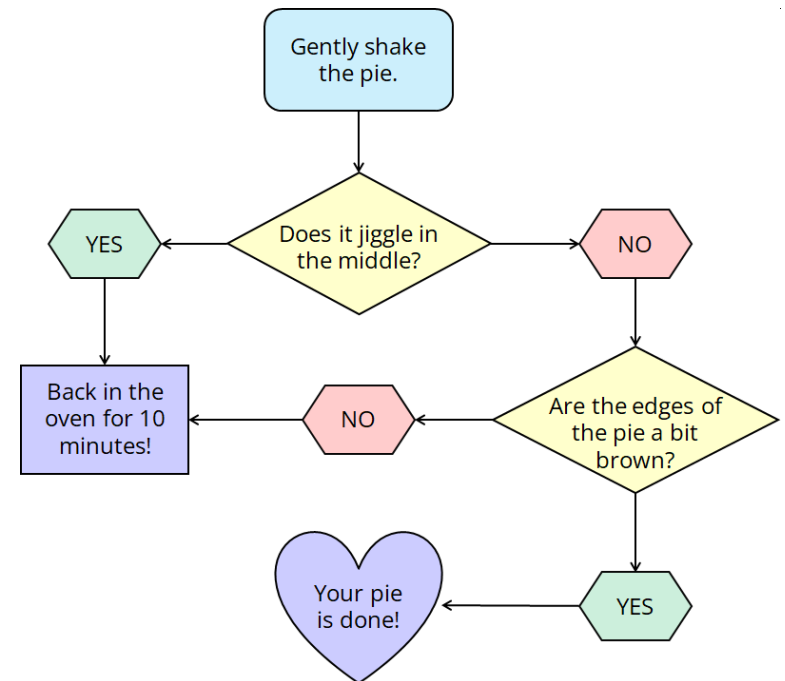
Step 6: Is the pie cooked?

HA does this:

6. When the timer rings, take the pie out of the oven and put it on the hot pad.



Use this flowchart with your HA to check your pie:



If you can't tell if the pie is done or not, ask your HA to put it back for another 5 minutes and check again. It's better to cook it too much than too little.

Your unbaked pie should look something like this:



Without chia seeds



With chia seeds

HA does this:

4. Put the pie in the oven.
5. Set the timer for 1 hour (60 minutes).

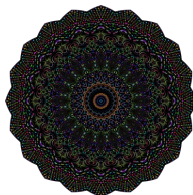
While you wait for the pie to cook...

- * Put away the leftover ingredients.
- * Put the dishes in the sink or the dishwasher.
- * Wipe the counter.
- * If you aren't exhausted from all this cooking, you can wash the dishes too. Your HA will appreciate that *almost* as much as the pie.

When the kitchen is clean again, get out what you need for step 6:



oven mitts



hot pad

4. When the rutabaga is soft, drain the water out of the pot.



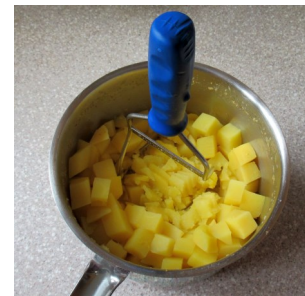
Drain the water into a jar and let it cool. It's a lovely pale gold color and after it cools and it tastes like sweet cauliflower. Yum!



5. Let the rutabaga cool until it you can touch it. You can either leave it in the pot (slower) or dump it into a bowl (faster). Leave it uncovered so it will cool faster. Except if there are hungry flies in the kitchen. Then cover it. Or if it is cold outside, you can put it outside to cool. Definitely covered to keep out squirrels, dogs, neighbors, etc.

You do this:

1. Set the timer when your HA needs it. Tell your HA when it rings.
2. When the rutabaga is cool enough, get out your strong muscles and mash it with the potato masher or fork. Keep mashing until there are no lumps, not even tiny ones.

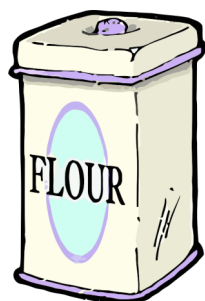


Step 2: Make the Pie Crust

Food you will need:



1 cup butter (half of a 1- pound (454 g) block)



3/4 cup (175 ml) white flour



3/4 cup (175 ml) quick oats (the kind that cooks in 3 minutes, NOT the instant kind that comes in little packets)

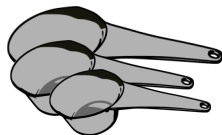


1/2 cup (125 ml) brown sugar (probably not in a square lump like in this picture)

Items you will need:



mixing bowl



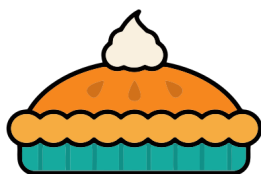
measuring cups for dry things



spoon

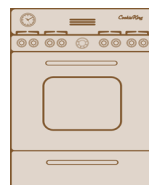


table knife



10-inch (30 cm) pie plate (but without the pie in it)

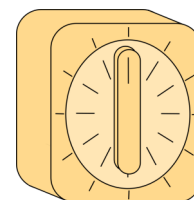
Items your HA will need:



oven



oven mitts



timer

You do this:

1. Pour the brown sugar mixture into the rutabaga mixture. Whisk or stir everything together until – you guessed it – it's all the same color.

Congratulations! Your pie filling is done!

Now you and your HA need to work as a team.

HA does this:

2. Hold the bowl over the pie plate.

Child does this:

3. While your HA tilts the bowl, scrape the pie filling into the pie crust with the rubber scraper (spatula).

WARNING: Stop when the pie crust is full! If you have extra filling, find another baking dish big enough for the leftovers. Rub some butter or oil on it and put in the rest of the pie filling. Bake it with the pie. It will bake faster, so keep an eye on it and ask the HA to take it out when it gets brown on top.

3. Measure 1/4 teaspoon **salt** and dump it into the bowl.
4. If you are using **chia seeds**, measure 2 tablespoons (bigger than teaspoons) of seeds and dump them in too.
5. Stir everything up with your dry spoon until everything looks the same color (except the seeds).

You're almost done! Way to go!

Now you can finally make the pie in Step 5.



Step 5: Make and Bake the Pie

Food you will need:



pie crust

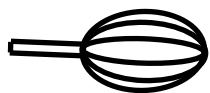


wet ingredients
in the large
bowl



dry ingredients
in the small
bowl

Items you will need:



whisk or
wooden spoon



rubber scraper
(also called a spatula)

Items your HA will need:

A way to melt the butter



On the stove



OR

In the microwave

HA does this:

1. Melt 1 cup **butter**.

You do this:

1. Measure 3/4 cup **flour**. If you have a 3/4 cup measure, use that. If not, measure 1/2 cup and then 1/4 cup. Dump it into your mixing bowl.



How to measure flour:

Spoon flour into the cup until it is completely full. Then use the side of a table knife to smooth the flour so it is exactly level with the top of the measuring cup. Do this over the flour container so the extra goes back in.

2. Measure 1/2 cup **brown sugar**. Dump it into the bowl too.



How to measure brown sugar:

Spoon the brown sugar into the measuring cup. Use the back of a spoon to pack it down until the measuring cup won't hold any more.

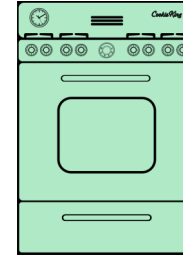
3. Measure 3/4 cup **quick oats** the same way you measured the flour. Pour it into the mixing bowl too.
 4. Use your spoon to mix up the flour, oats and brown sugar until it looks the same all over.
 5. Pour in the **melted butter**.
 6. Mix everything up until all of the dry ingredients are coated with butter. You can use your fingers to squish out the lumps if you don't mind getting them messy and if you washed them first.
 7. Dump everything into the pie plate.
 8. Use your fingers to pat the mixture all over the bottom and sides of the pie pan. Try to make it the same thickness everywhere. Try to make the top edge even.
- It should look something like this:



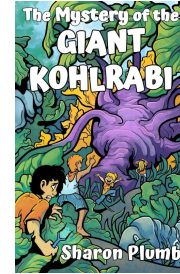
Hooray! You're done Step 2. Wash your hands and put the pie crust aside until Step 6.

(Go back to [Step 1](#) and mash the rutabaga now if you haven't already done it.)

Items your HA will need:



oven



good book

HA does this:

1. Turn on the oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. Read the book, but be ready to help you if you ask.

You do this:

1. Measure 1/2 cup of **brown sugar**. (See tip on p. 7) Dump it into your small bowl.
2. Measure 1/2 teaspoon of **cinnamon**, 1/2 teaspoon of **ginger**, and 1/2 teaspoon of **coriander** if you are using it. Dump them into the bowl with the sugar.



How to measure spices:

Fill the measuring spoon with the spice. Use the flat side of a table knife to make the top smooth by scraping the extra spice back into the container it came from.

Step 4: Mix the Dry Things

Food you will need:



1/2 cup (125 ml)
brown sugar



1/4 teaspoon
(2 ml) salt



Spices:

1/2 teaspoon (3 ml)
cinnamon



1/2 teaspoon (3 ml)
ginger



1/2 teaspoon (3 ml)
coriander (if you have
some. It makes the pie
yummy.)



2 tablespoons (30 ml) chia
seeds. (if you like. They
make the pie a bit
crunchy.)

Items you will need:



small bowl



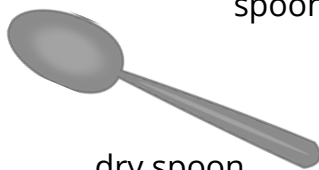
measuring cup



measuring
spoons



table knife



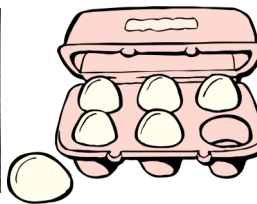
dry spoon

Step 3: Mix the Wet Things

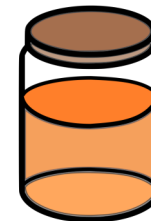
Food you will need:



mashed
rutabaga



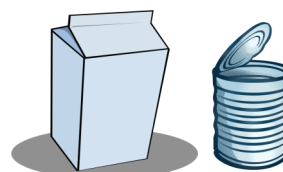
2 eggs



1/4 cup
(60 ml)
honey



1 teaspoon
(5 ml)
vanilla
extract



1 cup (250 ml) cream OR canned
milk (not sweetened). Whipping
cream is especially yummy.



outer peel from 1 orange — if you like the
flavor of oranges. If not, don't use one.

Items you will need:



measuring cup
for wet things



glass



teaspoon



fork



mixing bowl
and whisk or
spoon

Items your HA might need:



A way to melt the honey if it is too stiff to drip off a spoon .

A grater if you are using an orange



HA does this:

1. Melt the **honey** if it is stiff. YouTube has lots of videos that show how. I like the one by [Alaska Granny.](#))
2. Wash the **orange** and grate off the peel (optional).

You do this:

1. Dump the insides of **both eggs** into the bowl.



How to empty an egg:

Gently smack the side of one egg on the edge of the glass. Hold the egg over the glass with two hands and use your thumbs to pull the eggshell apart where the crack is. Dump the insides into the glass. Put the eggshells into the compost pail or the garbage. If any eggshell fell into the glass, trap it against the side with your finger and slide it up to the top to remove it. Wash your hands.

2. Poke the **egg yolks** in the bowl with the fork to break them. Stir the eggs with the fork until the white and the yolk are mixed together. You will need to stir hard enough to make them dizzy.

3. Measure 2 cups of **mashed rutabaga** and dump it into your mixing bowl with the eggs.



If you have extra, lucky you! Put it into a container with a lid and save it in the fridge to use for something else. Or sprinkle on some salt or cinnamon sugar and eat it. Yum! If you don't have quite enough, don't worry. Just use what you have.

4. Use the whisk or spoon to mix the rutabaga and eggs together until they're all the same color.
5. Measure 1/4 cup (or 4 tablespoons, which is the same amount) of **liquid honey** into the rutabaga bowl. Mix it in.
6. Measure 1/2 cup of **cream** or **canned milk** in a measuring cup. Pour it into the rutabaga bowl.
7. Measure 1 teaspoon **vanilla extract** into the rutabaga bowl. (If you really like vanilla, you are allowed to add another teaspoon.)
8. Mix everything in the bowl together until it's all the same color.

Congratulations! You are finished Step 3!
Only four more to go! (And the rest are easier.)