

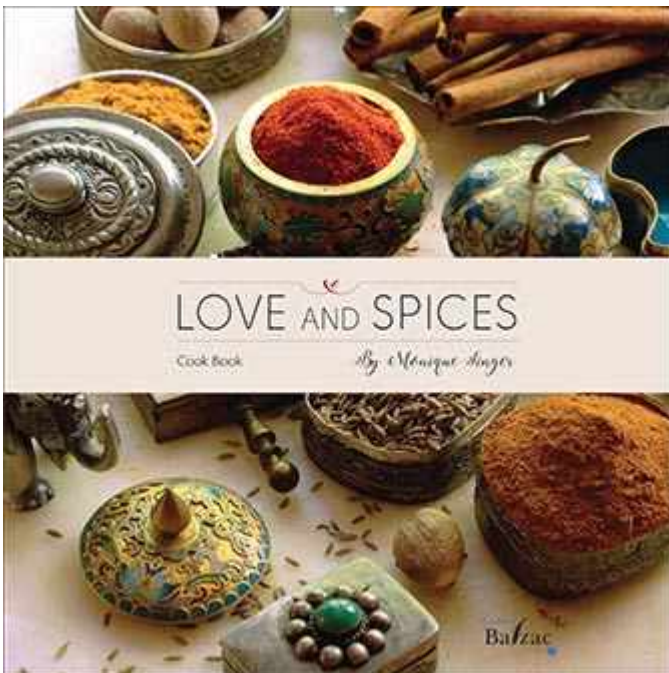


Love and Spices:
Kohlrabi and Green Apple

Description

A different and refreshing winter salad you will enjoy

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.



Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

Kohlrabi and Green Apple

Kohlrabi is a delicious cruciferous vegetable with many health benefits. Among them, it can improve digestion, promote weight loss, boost the immune system, lower cholesterol and help manage blood pressure.

Preparation time: 30 min | Yields: 4 to 6 servings

- 1 medium, 1 lb / 450 gr kohlrabi
- 2 green Granny Smith apples, peeled and julienne cut
- 1 red chilli pepper, finely chopped
- 2 shallots, finely chopped
- 1tsp coriander seeds
- 1tsp Tajin Classico Seasoning with lime
- 1/2 cup / 120 ml lemon, juiced
- 1 tsp wine vinegar flavoured with raspberry
- 3 tbsp olive oil
- 1/2 tsp sea salt

Peel and julienne the kohlrabi and apples, place in a serving bowl and combine.

Pour over 1/4 cup the lemon juice to prevent discolouration, set aside.

In a small bowl whisk the vinegar, the remaining 1/4 cup of lemon juice, olive oil, coriander seeds and salt.

Add the shallots and red chilli pepper, pour over the dressing and toss.

Best made a few hours before serving.

Images: Anne Fillion

Sign-up to our newsletter
and get email notification
of our most recent articles

Sign up

Read also: [other recipes](#)



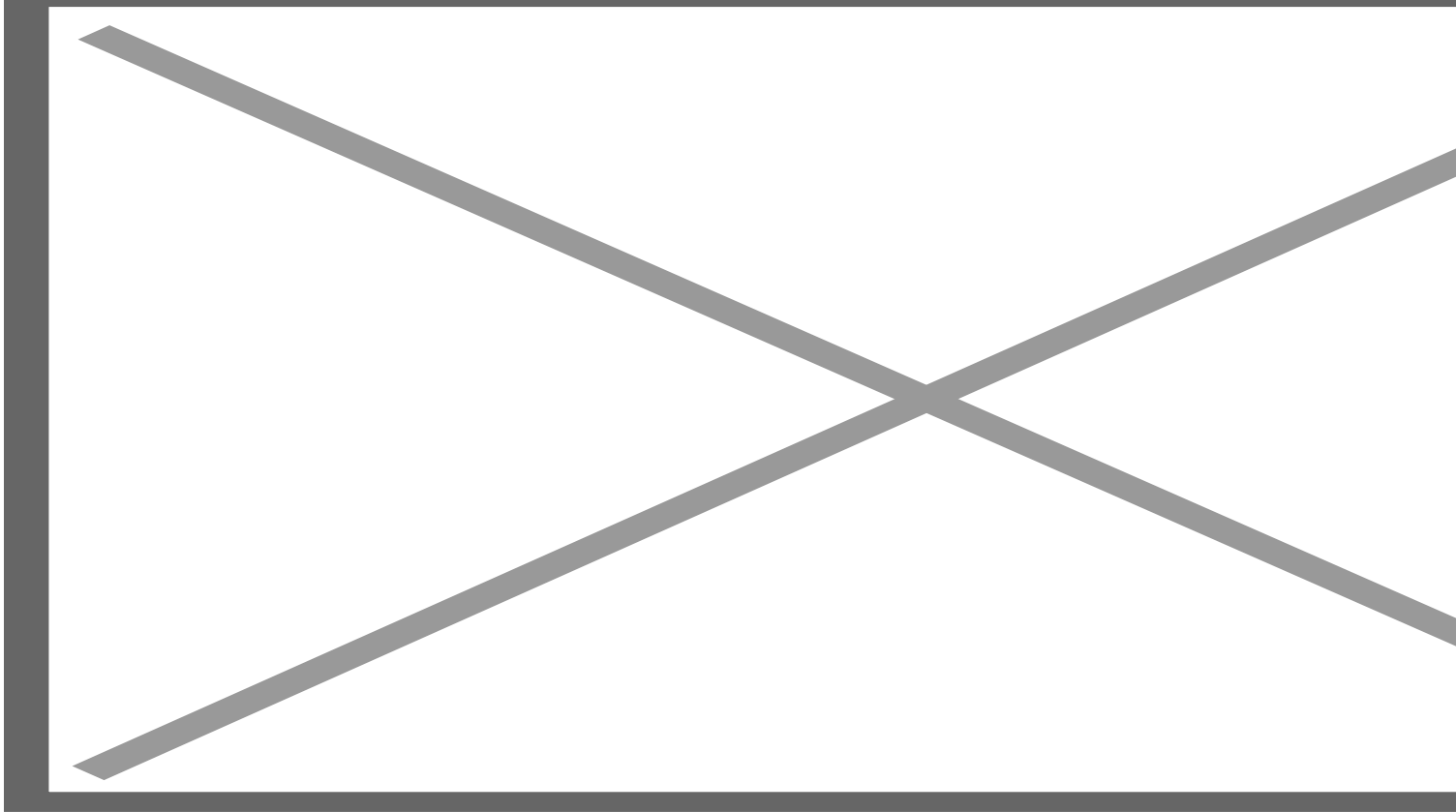
Monique Singer is a cultural creator now based in Montreal, usually found travelling the world,

~~experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her~~



attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)

Image not found or type unknown



Category

1. Recipe

Tags

1. Kohlrabi and Green Apple
2. Love and Spices cookbook
3. Monique Singer
4. salad

Date Created

February 2021