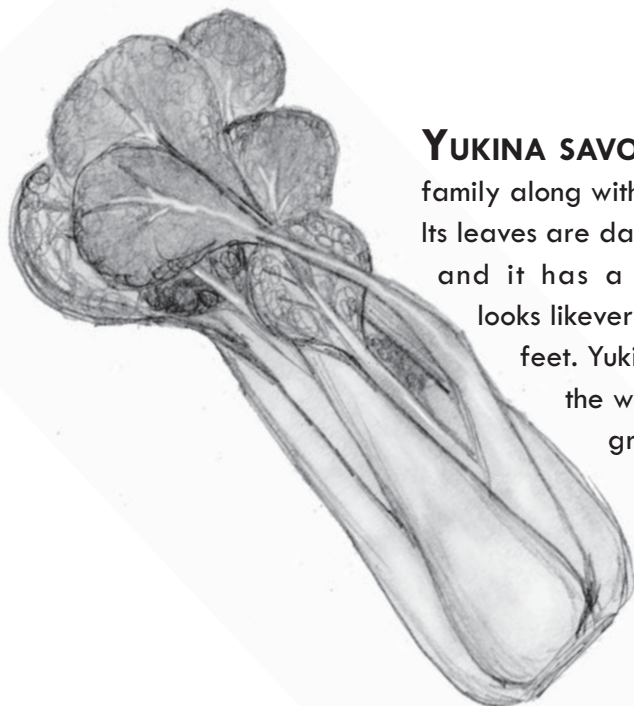


YUKINA SAVOY



YUKINA SAVOY is a member of the Brassica family along with broccoli, kale, and cabbage. Its leaves are dark green and heavily textured and it has a mild flavor with a hint of butter. It looks like every tall tatsoi. It has been known to crest 4 feet. Yukina savoy is heat tolerant and grows well in the warm days of summer, when many delicate greens are not available. It is harvested in the Northeast from June through October.

STORAGE

◆ Store yukina savoy **unwashed, wrapped in a damp paper towel** (remember to rewet the towel every other day or so in order to keep it damp), loosely packed in a plastic container, or in a plastic bag in the refrigerator drawer for up to a week.

PREPARATION

- ◆ **Wash well** and remove any tough ribs or stems. **Tear or chop** the leaves into desired size.
- ◆ Yukina savoy can be eaten **raw or cooked**.
- ◆ Yukina savoy can be mixed with other salad greens or enjoyed on its own during the summer months when more delicate salad greens are not available.
- ◆ Yukina savoy can also be **steamed, stir-fried, sautéed, or added to soups**.

Nutritional Information

Yukina savoy is a good source of Vitamin A and C. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Yukina Savoy Recipes

Cold Yukina Savoy with Cilantro

2 shallots, finely chopped
white wine vinegar
yukina savoy, washed, trimmed, dried and chopped into thin ribbons
olive oil
salt and pepper to taste
fresh cilantro (if not available try using a little ground coriander instead)



Soak the chopped shallots in a little white wine vinegar for 15 minutes. Then toss the yukina savoy with the shallots and vinegar, olive oil, and salt and pepper (sprinkle ground coriander if no cilantro). Let this mixture sit for about 10 minutes. Add fresh cilantro to taste if available. Adjust seasonings to your liking by adding more vinegar, olive oil, salt, and/or pepper.

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Braised Yukina Savoy

Vegetable oil, to taste
Yukina savoy, washed, trimmed and chopped
Vidalia onion, peeled and sliced
Salt and pepper to taste



Heat the enough oil in a large pot for the amount of yukina savoy you plan to sauté. Then add the sliced onion and cook it over medium heat until it starts to soften. Add the chopped yukina savoy and season with salt and pepper. Cover and cook until tender.

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Stewed Yukina Savoy (Serves 6)

1 slice bacon, chopped finely (optional)
1 onion, chopped
1 carrot, chopped
3 cloves garlic, chopped
2 pounds yukina savoy, washed, trimmed and chopped
Salt and pepper
½ cup heavy or light cream
zest of ½ lemon, grated



In a pot, sauté the bacon over low heat for about 8 minutes (if not using bacon just heat a little olive oil instead.) Then add the onion, carrot, and garlic along with a little water. Cover and cook until the vegetables are soft, about 10 minutes. Add yukina savoy to the vegetables and season with salt and pepper. Cook, uncovered, over medium-high heat. Keep cooking until the excess moisture in the pot evaporates (10-15 minutes). Add half the cream, and simmer until it is absorbed. Then add the other half and simmer until absorbed as well. Add the lemon zest and serve.

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