

# Rutabagas Are Roots Quite Tasty

By ELLY

"Don't overlook rutabagas as a delicate - flavored vegetable dish," suggests Maryann Beckam, Michigan State University consumer marketing specialist.

They are rich in Vitamin C, yet one cup contains only 50 calories. One pound raw yields four 1/2-cup servings. Choose rutabagas that are symmetrically shaped, with smooth, yellow skin and a wide purple mantle across the top. The tap root is a key to the texture. Squat, roundish "bagies" with small roots are usually less woody than larger, tapering ones.

Avoid overcooking to preserve the vegetable's delicate flavor. If you begin to smell the rutabagas, they have cooked too long. Peel and slice, then boil 20 to 30 minutes until fork tender. Young, tender rutabagas need only enough water to prevent sticking; older ones should be covered with water.

Mrs. Beckam sends along a recipe for a rutabaga spice cake. We add several ways of serving the vegetable. The Cheese Rutabagas is almost a meal in itself.

- RUTABAGA SPICE CAKE**
- 1/2 c. shortening
  - 1 c. sugar
  - 2 eggs
  - 1 c. mashed rutabaga
  - 2 1/2 c. flour
  - 1/2 t. salt
  - 1/2 t. cinnamon
  - 1/2 t. nutmeg
  - 1/2 t. soda
  - 1/2 t. cloves
  - 1 t. baking powder
  - 1 c. milk
  - 1/2 c. chopped nuts.

Cream shortening and gradually add sugar. Cream well. Add eggs, beating well. Sift together dry ingredients and add this mixture alternately with the milk. Add nuts. Bake in a tall five to six - cup gelatin mold at 350 degrees for 10 to 75 minutes. Cool cake for 10 minutes on cake rack, then loosen edges with knife tip. Invert to unmold. Drizzle with lemon butter glaze.

**GLAZE:** Mix one beaten egg yolk with two tablespoons melted butter. Alternately add 1/2 cups powdered sugar with three tablespoons lemon juice. Stir in one teaspoon grated lemon rind.

**NOTE:** Cake may also be baked in 9x5x2-inch pan for 45 to 50 minutes.

- CHEESE RUTABAGAS**
- 2 c. mashed rutabagas
  - 1 egg
  - 2 T. butter
  - 1 pinch savory
  - Salt and pepper to taste
  - Thick white sauce
  - 1/2 c. grated cheese.

Blend together the mashed rutabagas, egg, butter, savory, salt and pepper. Stir well. Place in a buttered baking dish. Top with a thick white sauce made with three tablespoons flour, three tablespoons butter and one cup of milk. Sprinkle with the grated cheese and bake in a 400 - degree oven for 25 minutes or until the cheese has melted.

- RUTABAGA SALAD**
- 5 c. rutabagas, peeled and grated
  - 1 large, red onion, finely chopped
  - 1/2 c. vinegar
  - 1 t. salt
  - 3 T. brown sugar
  - 2 T. fresh grated horseradish (optional)

Mix together the vinegar, salt, pepper, sugar and horseradish. Pour this mixture over the vegetables. Stir well. Cover and refrigerate 24 hours before serving.

- RUTABAGA CASSEROLE**
- 2 lbs. rutabagas
  - 1 large potato
  - 1/2 t. salt
  - 1/2 t. pepper
  - 3 T. butter
  - 2 T. brown sugar

Wash and peel rutabagas and potato. Cut in medium - sized pieces and cook in boiling water until tender. Drain. Add salt, pepper and butter, and whip until fluffy. Put in a lightly greased casserole, sprinkle with brown sugar and bake at 350 degrees for 20 minutes.

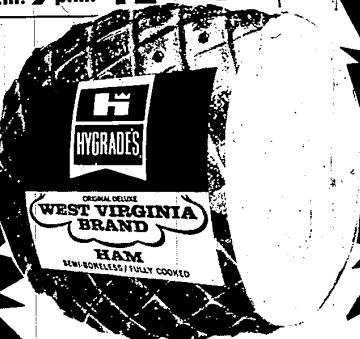
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2 lbs. rutabagas  
1 large potato  
1/2 t. salt  
1/2 t. pepper  
3 T. butter  
2 T. brown sugar

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