

Kitchen Garden at Collingwood College

Name of Recipe: Roasted Jerusalem artichokes with a Parsley, Citrus & Shallot sauce

Volunteer Notes: Oven on 220 o.c. Scrub Jerusalem artichoke very well and keep skins on.

You will need 25- minutes for cooking at 220 o.c.

What to collect	What to do
1 and 1/2 kg + Jerusalem artichokes, scrubbed, cut into 3cm pieces Baking paper 2 x baking tray Salad spinner 4-5 tbsp Olive oil, Lots-Thyme, Sage & Rosemary-washed & pick leaves 6 x Bay leaves Salt & ground pepper	<ul style="list-style-type: none">• Wash the Jerusalem artichokes well, and rough cut into 3cm dice.• Put into a large bowl. • Line 2 baking trays with baking paper to stop the vegetables sticking. • Toss vegetables with olive oil, salt/pepper & thyme, sage, rosemary; lay in a baking tray. • Roast them for 15 minutes then toss the vegetables to make sure all are going brown. • Roast for around another 10 minutes, check all vegetables are soft when pricked.
Parsley, Citrus & Shallot Dressing; 2 x small clove garlic ¼ tsp fennel seeds 4 x black-peppercorns ¼ tsp sea salt flakes ½ bunch picked/washed/chopped parsley 1 x lemon, zested using micro-planer 5 x Shallots, peeled, cut into fine sliced	<p>In a mortar & pestle, pound> garlic, salt, peppercorns, fennel seeds to a smooth paste.</p> <ul style="list-style-type: none">• Pick, wash parsley, spin dry and then chop herbs.• Zest citrus and juice.• In a bowl add olive oil, slice shallots

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<p>& then juiced 100 ml olive oil</p>	<p>& all the other ingredients and whisk well.</p> <ul style="list-style-type: none">• Taste.• Toss roasted Jerusalem artichokes in this and serve.
<p>Nasturtium & calendula flowers 3 x platters</p>	<ul style="list-style-type: none">• Divide onto 3 platters.• Serve with a spoon.