

Kitchen Garden at Collingwood College 2022

Name of Recipe: Roasted Sweet Potato & Brassicas with Miso Dressing

Volunteer Note: This is a Japanese style dish. It can be served warm or cold as well. Ensure all students are aware of safe knife handling when cutting the HARD sweet potatoes.

Focus on texture and visual presentation.

Check with Desley for students with allergy to sesame or miso. Ensure all equipment is washed very well thru dishwasher.

From our garden: spring onion, edible flowers

What to collect	What to do
1 kg Sweet Potato, peeled & cut into 2cm dice 1 x roasting pan, lined with baking paper 1 x thick-base pan 3 x Tblsp XV olive oil Pot of boiling water Small basket Brassicas- broccoli- small florets, bok-choi	<ul style="list-style-type: none"> • Prepare the sweet potatoes. Ensure the students cut each in ½, then ½ lengthways to have a flat base. cut into 2cm dice. Toss in olive oil, season and roast until soft> 15-20 minutes. Blanche the portion of brassica until al dente-drain & cool.
4 spring onion washed/trimmed & finely sliced on angle for decoration <u>SAUCE:</u> 1x tblsp toasted sesame seeds Mortar & pestle 1/2 cup miso 1 & 1/2 tbsp mirin 1/3 + cup caster sugar 1/3 cup rice vinegar 2 x shallots finely diced or ¼ red onion finely diced. 3 x shallow Bowls/spoons	Prepare the spring onions- keep the roots to plant into the garden. Make the miso sauce. <ul style="list-style-type: none"> • Lightly toast the sesame seeds either in a pan or in the oven. Grind the sesame seeds in a mortar with pestle. Put all other ingredients in a bowl & mix well, add seeds. • Gently mix with the sweet potato & Brassicas and pile onto 3 bowls, garnish with spring onions. • Decorate with edible flowers.