

KUMARA



PREPARATION



- Scrub well with water, top and tail kumara (peel if mashing).
- Chop into chunks or small cubes.
- Grate and freeze for later use.

STORAGE



- Store kumara in a cool, dark, dry place.
- Remove from plastic bags.

COOKING



- Boil in a pot of water, covered for 20 minutes or until tender.
- Steam over boiling water for 20 minutes or until tender.
- Microwave kumara with a little water in a covered dish for 7-9 minutes on high.
- Roast kumara chunks for 45 minutes at 200 degrees Celsius.

VEGE UP



- Add diced kumara to casseroles, curries, soups or stews at the beginning of cooking.
- Combine with other roast vegetables such as pumpkin and potato for a hot or cold roast vegetable salad.
- Grate into mince mixtures to make meatloaf or meatballs.

ADD FLAVOUR



- Mash kumara with potatoes or pumpkin and a little milk.
- Combine cooked kumara chunks with chopped banana and vinaigrette dressing for a tasty salad.
- To make homemade kumara chips slice into matchsticks and brush with 1 tbsp oil and 2 tsp crushed garlic. Sprinkle over black pepper or dried herbs and roast in oven.