

Fruit & Vege Co-op



Kumara

STORAGE	PREPARATION
<p>Remove kumara from plastic bags and store in a cool, dark, dry place such as the bottom of the pantry, in a box or basket off the floor.</p>	<ul style="list-style-type: none"> - Scrub well with water, top and tail kumara. If mashing peel kumara and rinse in cool water before boiling. - Chop into chunks or small cubes for boiling or adding to stew or soups or leave whole for baking or roasting.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"> - 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 kumara into matchsticks and brush with 1 Tbsp. oil and 2 tsp. crushed garlic. Sprinkle over black pepper or dried herbs and roast in oven for 20 minutes. 	<ul style="list-style-type: none"> - When adding kumara to casseroles, curries, soups or stews dice and add at the beginning of cooking. - Combine evenly sized kumara pieces with other roast vegetables such as pumpkin, potato, parsnip, carrots or onions for a hot or cold roast vegetable salad. - Grate kumara into mince mixtures for sweet and delicious meatloaves, meat balls or burgers and pasta sauces. - Cooked kumara chunks makes a delicious base to build lunch box salads.
COOKING	
<p>Boil - in a pot of water, covered for 15 minutes or until tender</p> <p>Steam - over boiling water for 15 minutes or until tender</p> <p>Microwave - with a little water in a covered dish for 7-9 minutes on high or whole for four minutes after pricking the skin – serve with a little garlic butter</p> <p>Roast - kumara chunks for 45 minutes at 200°C</p>	
<div> <div> RECIPE: </div> <div> Boil-up (Serves 4) </div> <div> <i>Source: Heart Foundation Cheap Eats</i> </div> </div>	
<p>1 Tbsp oil 600g stewing beef, fat trimmed and cut into 5cm chunks 2 medium onions, chopped 3 medium carrots, chopped 1 medium kumara, chopped 2 medium potatoes, chopped</p> <p>Method</p> <ol style="list-style-type: none"> 1. Heat oil in a large pot. Add meat to oil and brown on each side. 2. Cover meat with cold water. Bring to the boil and skim fat off the surface occasionally. 3. Add onions and continue to cook. 4. Once meat is tender add remaining vegetables and cook until tender. <p>Variations</p> <ul style="list-style-type: none"> - Add leafy green vegetables at the end of cooking. - Add seasonal vegetables you have available. - Use other meats instead of beef. - Quantities for this recipe can easily be increased to accommodate more people. 	<div> <p>Nutrition: Kumara are a good source of vitamin C and contain fibre, and are a healthy option to fill you up and give you energy.</p> </div>

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

