

Fruit & Vege Co-op




Kumara

STORAGE	PREPARATION
Store kumara in a cool, dark, dry place remove from plastic bags.	Scrub well with water, top and tail kumara (peel if mashing). Chop into slices, chunks or small cubes.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Combine cooked kumara chunks with chopped banana and vinaigrette dressing and bacon 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.	<ul style="list-style-type: none">- 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 meat loaves and meat balls- Add cooked kumara chunks to lunch boxes- Mash kumara with potatoes or pumpkin and a little milk.

COOKING
<ul style="list-style-type: none">- Boil in a pot of water, or steam over boiling water covered for 15 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°C.

RECIPE: Baked Cheesy Potato and Kumara Layer (Serves 6) *Source: Food in a Minute Potato Favourites*

750 grams all-purpose potatoes, well-scrubbed
300 grams orange-fleshed kumara, well-scrubbed
4 rashers rindless bacon, diced
1 medium leek, trimmed and thinly sliced
420-gram can Wattie's Creamy Chicken Condensed Soup
½ cup cream 2 tps Gregg's Curry Powder
1 cup grated cheese



1. Parboil the potatoes and kumara, in their skins for 10 minutes.
2. Drain and slice the potatoes into half-centimetre slices.
3. Cool the kumara, peel and slice into half-centimetre slices.
4. Heat a dash of oil in a frying-pan and cook the bacon until crispy.
5. Add the leek and cook for 2 – 3 minutes until tender but not brown.
6. Mix the soup, cream and curry powder together in a bowl and season with pepper.
7. Layer the potatoes, kumara, leek, bacon and soup mixture in an 8-cup capacity ovenproof dish, finishing with a layer of soup. Scatter over the grated cheese.
8. Bake at 180°C for 40-45 minutes until the potatoes are tender and the top is golden.

Variations:

- For a lighter option swap the cream for lite sour cream or cottage cheese.
- Leave out the bacon for a vegetarian option.
- Instead of bacon use ham, chicken or tinned fish.
- Any brand of chicken soup can be used.
- Substitute the leek for onion.
- Serve with a lettuce salad as a main course or as an accompaniment to a meal.

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