



Kumara

Store	In cool, dark, dry place. Remove from plastic bags.	
Prepare	<ul style="list-style-type: none"> • Wash and scrub in water if roasting. • Peel if mashing. • Chop into large chunks. 	
Cook	<ul style="list-style-type: none"> • Boil in pot with just enough water to cover kumara. Put on a lid and cook for 15 minutes or until tender. • Steam over boiling water 15 minutes until tender. • Microwave kumara chunks with a little water in covered dish 7-9 minutes on high. • Roast kumara chunks for 45 minutes at 200°C. 	
Add Flavour	<ul style="list-style-type: none"> • Mash kumara with salt and pepper as an alternative to potatoes or use as an extender for potatoes. • Combine cooked kumara chunks with chopped banana and vinaigrette dressing for a quick salad served warm or cold. • Add salt, pepper and chopped fresh mint to cooked kumara chunks, serve warm or as a salad • Glaze cooked kumara chunks by mixing with 2 tablespoons brown sugar and 1 tablespoon margarine 	
Vege Up	<ul style="list-style-type: none"> • Add to roast vegetable mixtures, soups and frittatas • Grate into mince mixtures to make meat loaves and meat balls • Add cooked kumara chunks to lunch boxes 	

Recipe Ideas

Salad	<p>3 large kumara ½ cup walnut halves 1 teaspoon lemon rind 2 tablespoons light olive oil</p>	<p>1 x 220g can pineapple pieces in juice ½ cup chopped green pepper ¼ cup pineapple juice freshly ground black pepper to taste</p>	
	<p>Scrub kumara, cut into bite-sized chunks and boil for 20-25 minutes or until softened but still firm, drain. Drain pineapple, reserving ¼ cup of juice. Place kumara, pineapple, walnuts and green pepper in a bowl.</p> <p>Blend lemon rind, reserved pineapple juice, oil and pepper together. Pour over the dressing and mix well. Serve either warm or chilled.</p>		
Soup	<p>1 tablespoon margarine 1 teaspoon curry powder 1 ½ cups water 3 cups milk</p>	<p>2 cloves garlic, crushed 500gm kumara, peeled and sliced 2 teaspoons chicken stock</p>	
	<p>Melt margarine and add garlic and curry powder and kumara. Cook for 2 minutes then add water. Cook until tender. Add milk and puree, reheat to boiling before serving.</p>		