

Swede

Store Cool, dark, dry place for up to 3 weeks.

Prepare

- Peel thickly to remove both the thin outer and the thicker skin under it.
- Generally cut into large dice, or thick finger size.

Cook

- Boil in just enough water to cover the swede for 15 mins.
- Steam about 20 mins or until tender.
- Microwave with a little water on 100% for 6 mins.
- Roast 45 mins – 1 hr at 180°C.



Add Flavour

- Boil and mash with lots of ground pepper.
- Add grated orange rind and chopped parsley.
- Try a little nutmeg in the mashed swede.

Vege Up

- Swede is great added to stews and casseroles.
- Add to vegetable soups.
- Grate and add to mince dishes.
- Use instead of potatoes or mix with potatoes or carrot or pumpkin to introduce the new taste to family / whānau.

Recipe Ideas

Chilli and Herb Swede Crush

1Kg Swedes, chopped coarsely
 20 gms margarine
 ¼ tsp dried chilli
 1 Tablespoon finely chopped parsley
 2 teaspoons grated lemon rind

- Cook swede until tender.
- Mash with other ingredients.

Autumn Casserole

1 Tbsp oil
 2 onions, peeled and chopped
 4 cloves of garlic, peeled
 A few sprigs of fresh thyme or ½ teaspoon dried thyme
 250ml water
 1 tin tomatoes
 1 small swede, peeled and cut into rough 1cm chunks
 6 small carrots, trimmed, peeled and halved lengthways
 250g chickpeas, cooked or canned
 2tbsp chopped parsley
 Salt and freshly ground black pepper

- Put the shallots in a pan with the garlic, thyme and vegetable stock, season, bring to the boil
- Simmer for about 20 minutes or until the shallots are tender.
- Remove the shallots and garlic with a slotted spoon and add the swede and carrots. Simmer until they are tender.
- Add the chickpeas, shallots and garlic and continue simmering for five minutes.
- Serve

