



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# ROOT VEGETABLES



## AVAILABLE

Parsnips, yams: winter.

Kumara: all year.

## STORE

Parsnips, yams: In the fridge.

Kumara: in a cool, dry place.

## EAT

Cooked.

## PREPARE

1. Peel parsnips.
2. Peel kumara (optional).
3. Scrub in running water.
4. Trim ends.
5. Chop, dice or slice.

## COOK

**Boil:** Bring to the boil. Simmer until soft when stabbed with a knife. Approx 20 minutes.

**Microwave:** High. In a shallow dish with 1T of water. 8-10 minutes.

**Roast/Bake:** 200°C. Cut into 3cm chunks, toss in oil. 40 minutes.

**Steam:** 10-15 minutes.

## TASTY IDEAS

- Add diced/sliced parsnips, yams, kumara to stews, stirfries, and soups.
- Mashed parsnips, yams, kumara. Boil until cooked. Drain. Add a little salt and pepper, milk and/or butter. Mash until creamy.
- Make homemade kumara or parsnip chips. Cut into required shape. Boil for 8-10 minutes. Lightly coat in oil. Roast 35-45 minutes. Turn a couple of times during cooking.
- Kumara can be substituted for any recipe that uses potatoes.

**Yams and Kumara: Flavour match:** ginger, orange, lemon, sweet and sour sauces.