



**Miele**

# Grilled kumara with medjool date and buckwheat crunch

By Miele

**25 minutes, plus 1 day marinating**

Preparation time

**55 minutes**

Cooking time

**4**

Serves

## INGREDIENTS

### Medjool dates

150 g medjool dates  
40 g date syrup  
2 tbsp water  
½ tsp cumin, ground  
2 tsp sherry vinegar  
1 tbsp extra virgin olive oil  
1 tsp salt flakes

### Kumara

1 kg orange kumara,  
scrubbed  
Neutral oil  
Fine sea salt

### Buckwheat crunch

2 tbsp buckwheat groats  
1 tbsp pumpkin seeds  
2 tsp sunflower seeds  
2 tsp poppy seeds  
½ tsp salt flakes  
Pinch chilli flakes

### To serve

Small bunch parsley,  
leaves picked

## METHOD

### Medjool dates

1. Slice the dates lengthwise, remove the stone and cut again lengthwise to give you four pieces.
2. Roll each piece end to end and shape into a ball with your hands.
3. Place the remaining ingredients into a small saucepan and bring to a simmer on medium-high heat induction setting 7 for 1 minute, pour over the dates. Cool and keep in the fridge.
4. Allow the dates to marinate for a day if you can.
5. Bring to room temperature before serving.

### Kumara

1. Place whole kumara into a perforated steam container. Place in the steam oven and Steam at 100°C for 45 minutes, or until cooked. If ready, you should be able to push a metal skewer through easily. Allow to cool completely in the fridge.
2. Cut down the middle of the kumara lengthwise and lightly brush oil on the cut surfaces and season with fine sea salt.
3. Preheat the griddle plate for 5 minutes on medium-high heat, induction setting 7.
4. Place the kumara on the griddle plate, cut side down and cook for 5–10 minutes, or until blackened. Carefully turn over and grill the skin side for an additional 3 minutes.

### Buckwheat crunch

1. In a medium frying pan, add the buckwheat groats, pumpkin seeds, sunflower seeds and poppy seeds and cook on medium heat, induction setting 6 for 5-7 minutes until lightly toasted. Add the salt and chilli flakes.

### To serve

1. Arrange the kumara on a serving platter and place the dates with their dressing over the top.
2. Sprinkle the buckwheat crunch and flat leaf parsley over the kumara.

### Hints and tips

- The steaming time for the kumara is based on a maximum diameter of 8 cm, if the kumara is larger, it will require a longer cooking time.
- The kumara can be served at room temperature.
- Any remaining buckwheat crunch can be added to many other salads, steamed and roasted vegetables.
- Orange kumara (beauregard), or often called sweet potato, can be substituted for other types of kumara.
- Dark agave can be substituted for date syrup.