

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

Serves



INGREDIENTS

Kumara

1 kg orange kumara (sweet potato), scrubbed
Neutral oil
Fine sea salt

Medjool dates

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

Buckwheat crunch

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

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 refrigerator.
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 refrigerator.
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 a 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 steam 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.