



Cover crop salsa with root vegetables

By Matt Stone

10 minutes

Preparation time

30 minutes

Cooking time

4

Serves

INGREDIENTS

65 g (? cup) buckwheat
55 g (? cup) pepitas
2 tbsp coriander seeds
2 large bunch edible cover crop
greens or the tops of the vegetables
(approximately 200 g), washed well
1-2 tbsp Chardonnay vinegar
80 ml (? cup) olive oil
Salt flakes and pepper, to taste
4 garlic cloves, roughly chopped
2 tbsp Dijon mustard
2 bunches baby carrots, cut into
wedges
2 bunches large radishes, cut into
wedges

1 bunch beetroot, cut into wedges

1 tbsp honey

To serve

Fresh herbs and flowers Extra virgin olive oil

METHOD

- 1. Place the buckwheat in a frying pan and toast over medium heat, induction setting 6, for 5 minutes or until toasted. Remove from the pan and reserve for serving.
- 2. Place the pepitas in the same frying pan and toast for 10 minutes, or until they start popping. Once the pepitas are done, pour onto a flat tray to cool and add the coriander seed into the frying pan to toast.
- 3. Preheat the griddle plate over medium-high heat, induction setting 7, for 5 minutes. Once hot, lightly dress the cover crop greens with half of the oil and salt. Char the greens in bundles so the outsides get a little charry and the insides steam and soften. Do this in a few batches to cook them all evenly. Roughly chop the cooked greens.
- 4. Place into a blender with the garlic, Dijon mustard, pepitas and coriander seeds. Add a splash of Chardonnay vinegar and the remaining olive oil. Blend on high to make a smooth salsa. Add more oil to get a nice consistency, if needed. Season with salt, pepper and a little more Chardonnay vinegar if needed.
- 5. Place the root vegetables into a perforated steam container and steam at 100°C for 7 minutes, until just tender.
- 6. Change the oven function to Combi Grill level 3 + 30% humidity. Place the vegetables onto a universal tray and drizzle with a little honey, oil and salt. Place into the oven on shelf level 3 and grill for 5 minutes until caramelised.

To serve

- 1. Place the vegetables on a large serving platter and cover evenly with the cover crop salsa.
- 2. Drizzle with a little olive oil, sprinkle over the toasted buckwheat and generously garnish with picked herbs and flowers. Serve either hot or at room temperature.

Hints and tips

- A mixture of cover crop greens is ideal, whatever is in season and tasty. Greens like radish leaf, pea tendrils, mustard leaf and dock are great.
- If you're not near a winery or a farm that is cover cropping, the tops of the root vegetable can be substituted for the cover crops in the salsa.