

Spicy Orange Kumara & Tomato Dip

1kg Kaipara Orange Kumara
2 tbspn canola oil
1½ tspn ground cumin
¼ tspn chilli powder
½ tspn salt
⅓ cup extra virgin olive oil
2 tomatoes
small handful fresh coriander leaves
1 tspn white sugar
1 tbspn white wine vinegar
raw vegetables, eg, capsicums, carrots, celery;
cut into crudités
pita bread, to serve

- Preheat the oven to 180°C. Cut half of the kumara in half lengthwise. Place the pieces skin-side down in a deep baking dish and drizzle with the canola oil.
- Bake for 30-35 minutes until the kumara is soft. Remove the kumara from the oven and set it aside to cool.
- Scrape the cooled kumara out of its skin and place it in a food processor with the spices and salt. Whiz the mixture and continue blending while gradually drizzling in the olive oil. Transfer the mixture to a serving bowl.
- Bring a small pot of water to a simmer. Remove the eyes from the tomatoes and score them lightly. Blanch the tomatoes in the water for a minute, or until the skins start to fall away. Drain them and cool them in iced water.
- Peel skins from tomatoes, slice them in half and deseed them. Dice tomatoes and place them in a small bowl. Add the roughly chopped coriander, sugar and vinegar.
- Toss tomato mixture and place on top of kumara dip.
- Peel the remaining orange kumara and cut into batons.
- Serve dip with vegetable crudités, kumara batons and pita.

Serves 6.

tip Orange kumara is sweet enough to enjoy raw as part of the crudités selection.

Creamy Chicken & Kumara Curry

400g Red Kaipara Kumara, peeled
1 tbspn oil
500g boneless chicken thighs, cut into large chunks
1 onion, sliced
¼ cup red curry paste
400g tin coconut cream
¾ cup water
1 tablespoon fish sauce
2 tablespoons chopped basil leaves

- Heat the oil in a frying pan. Add the chicken and cook it over a high heat until it is golden brown.
- Reduce the heat to medium, add the onion to the pan and cook it for a further 3-4 minutes.
- Add the red curry paste and cook for another minute.
- Add the Red Kaipara Kumara, coconut cream, water and fish sauce. Simmer for 20 minutes or until the kumara is soft. Stir in the basil.
- Serve with rice and green beans.

Serves 4.

tip We have used red kumara in this recipe but gold or orange kumara can also be used.

Moroccan Lamb & Kumara Pot Pies

400g Red Kaipara Kumara, peeled and cut into chunks
1 tbspn oil
500g lamb, chopped
1 onion, chopped
2 cloves garlic, crushed
400g can crushed tomatoes
1 cup water
1½ tspn Moroccan seasoning
½ tspn each: ground cumin, ground coriander
2 tspn chopped coriander
2 sheets ready-rolled puff pastry
1 beaten egg, for glazing

- Preheat the oven to 200°C.
- Heat the oil in a frying pan. Add the lamb and cook it in batches over a medium heat until it has browned. Remove the lamb from the pan and set it aside.
- Add the onion and garlic to the pan and cook for 2-3 minutes. Add the lamb back to the pan with the Red Kaipara Kumara, tomatoes, water, Moroccan seasoning, cumin and coriander and simmer for 25 minutes, or until sauce is thick and kumara is cooked through. Stir in the chopped coriander.
- Place the lamb and kumara mixture into four 2-cup-capacity ovenproof bowls or pie dishes. Cut pastry to fit top of dishes.
- Brush the rim of the dishes with the beaten egg. Place the pastry over the dishes and seal the edges by pressing them with a fork. Cut slits in the top of the pastry to allow steam to escape. Brush the pastry with the beaten egg.
- Bake the pies in the preheated oven for 20 minutes, or until the pastry is golden brown.

Serves 4.

Spicy Red Kumara & Pumpkin Seed Dip

500g Red Kaipara Kumara, peeled and cut into pieces
¼ cup roasted pumpkin seeds, roughly chopped, plus extra to garnish
2 tbspn lemon juice
1 tbspn each: tahini (optional), chopped coriander
1 clove garlic, crushed
1 large red chilli, finely chopped
¼ tspn each: salt, ground cumin, ground paprika, ground black pepper

- Cook the kumara in a pot of boiling salted water until it is tender. Drain well, mash and allow to cool.
- Combine the kumara, pumpkin seeds, lemon juice, tahini, coriander, garlic, chilli, salt, cumin, paprika and pepper. Garnish with pumpkin seeds.
- Serve with crostini or crackers.

Makes about 2 cups.

Did you know?

Kumara are a good source of complex carbohydrates and dietary fibre. They also contain potassium and vitamins A, C and B6.

Trio Kumara & Beetroot Slaw

1 large Gold, Red and Orange Kaipara Kumara; peeled
3 large beetroot
3 tbspn white wine vinegar
1 tspn hot English mustard
1 garlic clove, crushed
1 tspn honey
large pinch of sea salt flakes and freshly ground black pepper
¼ cup canola oil
75g walnut pieces
handful fresh Italian parsley, roughly chopped

- Cover the beetroot in water and bring it to the boil. Turn down the heat to low and simmer for 45 minutes until the beets are soft right through when pierced with a knife.
- Cool the beets under running cold water. Peel off the skin while beets are under the running water. Set aside.
- Place the vinegar, mustard, garlic, honey, salt and pepper in a large mixing bowl. Keep whisking while the oil is very slowly drizzled into the bowl.
- Grate the beetroot and add it to the dressing with the walnuts and parsley. Stir to combine.
- Grate the kumara over the beetroot mixture. Partially mix in the kumara so that it takes on a "marbled" look. Spoon the salad into a bowl and serve immediately.

Serves 6.

kumara recipes for all seasons



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Chargrilled Tuscan-spiced Kumara with Haloumi & Pesto

750g Red Kaipara Kumara, cut into long 1cm-thick slices
2 tblspn olive oil
1 tblspn Tuscan spice mix
1 tblspn extra olive oil
125g haloumi, sliced into ½ cm-thick slices
2 cups watercress
2 tblspn each: lemon juice, pesto

- Place the kumara slices in a saucepan of boiling water and blanch for 4 minutes. Drain well and cool.
- Brush the kumara slices with oil and sprinkle with the Tuscan spice mix. Cook the kumara slices on a preheated barbecue or chargrill for 4-5 minutes, or until the kumara slices are cooked through and golden.
- Add the extra olive oil to the flat plate of a barbecue or a frying pan. Add the haloumi slices and cook over a medium heat for 1-2 minutes on each side, or until they are golden.
- Place the watercress on a platter, top with the kumara slices and haloumi.
- Combine the lemon juice and pesto and drizzle over the haloumi before serving.

Serves 4.

tip We have used red kumara in this recipe but gold or orange kumara can also be used.



Mexican Spiced Kumara Soup

1kg Gold Kaipara Kumara, peeled
2 tablespoons butter
1 medium-sized white onion, peeled
1 tblspn ground cumin
¼ tspn chilli powder
½ tspn turmeric
1 litre water
200ml cream
½ tspn salt
1 avocado
1 large clove garlic, minced
juice of 1 lime
8 taco chips

- Heat the butter gently in a large pot until it has melted. Dice the onion roughly and add it to the butter with the spices. Stir on a low heat for 5 minutes.
- Chop Gold Kaipara Kumara roughly and add to pot.
- Pour in the water and bring it to a simmer. Simmer for 20 minutes, or until the kumara is soft.
- Set aside the soup to cool a little, then puree in a food processor with the cream and salt.
- Place the soup into a clean pot and reheat.
- Mash the avocado and stir in the garlic and lime juice to make a salsa.
- Ladle the soup into 4 warm bowls and top with the avocado salsa and taco chips.

Serves 4.



Maple-glazed Kumara & Pears

1kg Red Kaipara Kumara
2 pears, washed
1 head garlic
1 red onion, peeled
5 sprigs thyme
½ cup maple syrup
¼ cup canola oil
sea salt and milled black pepper, to taste

- Preheat the oven to 180°C. Line a deep-sided baking dish with non-stick baking paper. Wash the Red Kaipara Kumara well and pat them dry.
- Slice the kumara into quarters and place them in the baking dish. Cut the pears into quarters, cut away the cores and add them to the dish.
- Slice the onion into 8 wedges through the core. Separate the head of garlic into cloves and add them to the dish along with the onion, thyme, maple syrup and canola oil. Season with sea salt and milled black pepper.
- Roast in the oven for 40 minutes, tossing every 10 minutes until the glaze is sticky and the vegetables are cooked through. Serve hot as an accompaniment to roasted meats.

Serves 6.



tip Garlic roasts to a mild-flavoured, soft paste in its skin. You can squeeze out the paste onto the other vegetables for extra flavour.

Kumara-topped Fish Pie

1kg Orange Kaipara Kumara, peeled
½ tspn salt
100g butter
500ml milk
500g tarakihi or snapper
75g butter, extra
1 medium-sized white onion, peeled and diced finely
75g flour
100ml cream
100g prawns
1 tblspn finely chopped parsley
6 eggs, boiled for 8 minutes and peeled
parsley to garnish

- Slice Orange Kaipara Kumara into 1cm-wide circles. Cook the kumara in plenty of salted simmering water for about 20 minutes, or until tender when pierced with a knife. Drain well.
- Leave the kumara to cool, then puree in a food processor with the salt and butter. Set aside.
- Heat the milk to a gentle simmer. Add the fish and simmer for about 5 minutes, or until it is cooked through. Scoop fish out with a slotted spoon and set aside. Set aside the milk also.
- In a fresh pot, melt the butter, add the onions and sweat them for 5 minutes. Add flour and stir for a further 2 minutes.
- Gradually add the milk to the flour mix, stirring continuously.
- Stir in cream and prawns, bring to boil and remove from heat.
- Flake fish into the sauce and add the parsley. Slice the boiled eggs in half, add them to the pie and stir gently to combine.
- Spoon the pie mixture into a 26cm-diameter pie dish. Using a spatula, smooth the pureed kumara evenly over the top. Bake for 20 minutes. Serve piping hot.

Serves 6.



tip All white-fleshed fish varieties are suitable for this recipe.

Orange Kumara Gnocchi

500g Orange Kaipara Kumara
1 egg yolk
2 tblspn grated parmesan
1 tblspn runny honey
¼ tspn salt
125g flour
extra flour for kneading
2 tblspn canola oil
1 small handful fresh sage leaves
extra parmesan, for grating

- Bring a large pot of water to the boil, then reduce the heat to a bare minimum simmer.
- Peel the Orange Kaipara Kumara and cut them into 2cm slices. Place in a microwave-proof dish, cover with cling film and microwave on high for 8 minutes, or until cooked.
- Transfer the kumara to a food processor and puree. Place the puree in a mixing bowl and stir in the yolk, parmesan, honey and salt. Stir through the flour and work it into a dough.
- Generously flour the bench and roll the dough into 2 even-sized logs about 2cm wide. Using a knife, cut the log into 1cm-thick slices.
- Use a fish slice to scoop up the gnocchi and place them in the simmering water. When the gnocchi float, scoop them out of the water and put them in iced water to cool.
- Drain and toss in a little olive oil. Cover and chill until you are ready to serve the gnocchi. You can store them in the fridge for up to 5 days.
- To serve, heat the canola oil in a large frying pan and add the gnocchi and sage leaves. Saute on a low heat, tossing until the gnocchi are golden all over. Garnish with extra grated parmesan.

Serves 4.



tip The trick with gnocchi is to work fast so that the kumara stays hot. Have all the ingredients measured and ready and the water simmering by the time the kumara is cooked.

Roasted Vegetable Salad with Sour Cream and Red Onion Dressing

600g Red Kaipara Kumara
600g baking roasting potatoes
600g carrots

Seasoning:
2 tblspn olive oil
2 tspn crushed garlic
1 tspn rosemary - fresh (chopped) or dried
1 tspn cumin seeds
1 tspn yellow mustard seeds
salt & pepper

Dressing:
1 cup sour cream
2 tblspn whole grain mustard
½ medium sized red onion, finely diced
flat leafed parsley, chopped
salt & pepper to taste

- Pre-heat oven to 180°C.
- Cube the vegetables leaving the skins on and combine with seasonings in a roasting dish.
- Bake for 30 minutes or until golden and tender. Cool.
- Combine dressing ingredients and stir through cooled vegetable mixture.

Serves 6.



tip This recipe is delicious with seasonal Wilcox Red Jacket potatoes

