

Kitchen Garden at Collingwood College: 2018

Name of Recipe: Jerusalem Artichoke & Leafy Greens in a Moroccan Tomato Sauce

From our garden: Jerusalem artichokes, herbs, chard, spinach, sorrel, silver-beet.

What to collect	What to do
1 kg Jerusalem Artichokes, scrubbed well & cut into 2 cm dice. Bowl	Prepare the artichokes, set aside covered in cold water.
<u>Tomato sauce:</u> 1 large thick-bottom pot 100 ml olive oil 4 x clove garlic 1x onion chopped 1-2 stick cinnamon 2 tsp cumin seeds, roasted & ground 1 tin chopped tomato 200 ml water ½ tsp ground black pepper 1 tsp brown sugar Salt flakes Leafy greens: silver beet, Spinach, sorrel, Beetroot leaves Salad spinner 10 sprigs fresh coriander, washed, chopped	In a wide pot, heat the olive oil to medium heat and fry the onion until soft and golden. Add the cinnamon, ground cumin & pepper, and stir until fragrant. Add the tin tomato, water and garlic & simmer for 5 mins. Add the prepared Jerusalem artichokes, place lid on and simmer for 10 minutes or until soft. Add greens & simmer 3 mins, check the seasoning. Prepare all the greens, wash & spin dry. Roll the leaves up and slice into fine ribbons (chiffonade). Set aside until the Jerusalem artichokes are done. Add the greens and coriander, stir and cook another 3 minutes.
3 x wide platters Coriander for garnish	<ul style="list-style-type: none">To serve, divide into bowls. Serve with a large spoon.