

Kitchen Garden at Collingwood College Term 2, 2018

Name of Recipe: Roasted Miso Cauliflower with Toasted Seeds

Volunteer Note: This is a Japanese style dish. It can be served warm or cold.

Focus on texture and visual presentation.

OVEN ON AT 200 OC.

Check with Desley for students with allergy to sesame or miso. Ensure all equipment is washed very well thru dishwasher.

From our garden: spring onion, edible flowers

What to collect	What to do
1 Cauliflower cut into small florets, washed & drained 1 x roasting pan, lined with baking paper 1 x thick-base pan	<ul style="list-style-type: none">• Divide the Cauliflower, so each student gets a piece. Prepare the Cauliflower.• Prepare the sauce.• Toss the cauliflower in the sauce and roast until soft> 20-25 minutes.
<u>SAUCE:</u> 1x tblsp toasted sesame seeds Mortar & pestle 1/2 cup miso 1 & 1/2 tblsp mirin 1/3 + cup caster sugar 1 tblsp rice vinegar 2 x shallots finely sliced or 1/4 red onion finely sliced. 3x spring onion washed/trimmed & finely sliced on angle for decoration 1/2 cup sunflower seeds 1/4 cup pepita seeds 2 tblsp GF soy sauce Small pan Parsley sprigs, calendula flowers 3 x shallow Bowls/spoons	<p>To make the miso sauce.</p> <ul style="list-style-type: none">• Lightly toast the sesame seeds in a pan. Grind the sesame seeds in a mortar with pestle. Measure all ingredients into a bowl and mix well with seeds.• Gently mix with the Cauliflower florets into the sauce and place into the oven tray with all sauce. Roast for 20-25 minutes. <ul style="list-style-type: none">• Prepare the spring onion garnish-set aside.• Toast the seeds, add soy sauce to coat the seeds & set aside in a bowl. <p>Prepare the garnish, edible flowers and picked parsley leaves (washed/dry).</p> <p>Divide the roasted Cauliflower into small bowls, scatter seeds and garnish on top. Serve with a small spoon.</p>