

Braised Pumpkin & Rainbow Chard in Miso

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: edible flowers (optional), pumpkin, rainbow chard or silverbeet, shallots, spring onions

Recipe source: Desley Insall, Kitchen Specialist, Collingwood College, Victoria

This Japanese dish can be served warm or cold. Think about the texture and presentation, such as using edible flowers for a colourful garnish.

Equipment:

metric measuring spoons,
scales and cups
clean tea towel
chopping board
cook's knife
large, heavy-based
saucepan
slotted spoon
plate
paper towel
mortar and pestle
mixing bowl
mixing spoon
wooden spoon
serving bowls

Ingredients:

2 tbsp sesame or vegetable oil
1–1.5 kg pumpkin, peeled,
seeds removed and cut into
small wedges
2–3 silverbeet or rainbow chard
stems, leaves shredded and
stalks finely chopped
3–5 spring onions, thinly sliced,
for garnish
4–6 nori sheets, cut into long
ribbons, for garnish
edible flowers, for garnish
(optional)

For the miso sauce:

4 tbsp sesame seeds, toasted
1 cup white miso
3 tbsp honey
1 cup shiitake mushroom stock
(or water)
2 tbsp soy sauce
4 tbsp mirin or rice vinegar
2 shallots, finely chopped
(optional)



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in a large heavy-based saucepan over a medium heat. Add the pumpkin, in batches if necessary, and fry for 5 minutes until golden brown.
3. Transfer the pumpkin to a plate lined with paper towel, to drain off any excess oil.

To make the miso sauce:

1. Grind the toasted sesame seeds in a mortar and pestle.
2. Transfer the seeds to the mixing bowl and add the remaining sauce ingredients. Stir to combine well.

To assemble the dish:

1. Pour the sauce into the heavy-based saucepan, add the pumpkin and warm through over a low heat.
2. Add the rainbow chard or silverbeet stalks and stir to combine.
3. Simmer for a few minutes, then add the rainbow chard or silverbeet leaves. Simmer until the pumpkin is tender and the greens have wilted.
4. Gently pile into serving bowls and garnish with the spring onions and nori ribbons.
5. Try decorating this dish with edible flowers such as calendula to show off the colours.

