



Roasted Root Vegetables with Walnuts & Crispy Kale



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BY JAMES BECK

There really is such a variety of vegetables grown here in Hawke's Bay and this is a dish that celebrates as many of them as you like! The list of root vegetables is a suggestion only. Pick your favourites and devour.

INGREDIENTS

- 1 beetroot, peeled and cut into rough chunks
- 1 parsnip, peeled and cut into rough chunks
- 1 carrot, peeled and cut into rough chunks
- 4 Jerusalem artichoke, peeled and cut into rough chunks
- 1 swede, peeled and cut into rough chunks
- 6 yams, cut in half
- 100g walnuts, chopped and toasted
- 1 small bunch of kale de-veined and torn into pieces
- Olive oil to roast the vege's
- 500ml vegetable oil for frying
- Salt (to taste)

METHOD

1. Place the root vegetables in individual piles on one or two roasting dishes as required. I keep the vege's separate, as some cook quicker than others.
2. Season the vegetables and douse with olive oil.
3. Cook at 200°, turning the vege's occasionally until each vegetable is well cooked.
4. Remove and place the vegetables to cool.
5. Heat the vegetables in a deep pot until it is just starting to smoke. Carefully fry the kale in small batches until crisp and drain on paper towel.
6. Combine the vegetables, toasted walnuts, crispy kale, and parsley mayo in a bowl and serve.

FOR THE PARSLEY MAYONNAISE

- 100g picked flat leaf parsley
 - 2 T white wine vinegar
 - 1tsp castor sugar
 - 2 egg yolks
 - 1/2 garlic clove, crushed
 - 1T Dijon mustard
 - 200ml grapeseed oil (or other neutral oil)
 - Salt (to taste)
 - Hot water
1. Use a hand blender to blitz all the ingredients apart from the oil, salt, and water.
 2. Once the ingredients are well combined slowly drizzle in the oil to form an emulsion.
 3. Season the mayonnaise to taste and stabilise with a tablespoon of hot water.