



Two Tubers

All things potato and truffle

Potato and Vegetable Crumble

Ingredients

Bake

4 or 5 medium potatoes (preferably a mix)
1 small head cauliflower
2 medium parsnips
5 or 6 medium Jerusalem Artichokes
4 tbs cooking oil I use Rice bran
2 tbs plain flour
1 cup stock I used chicken powder and water but to keep it vegan you can use vegetable stock

Crumble

1 cup oats
¼ cup Almond Meal
¼ cup slithered almonds
2 tbs Sesame seeds
2 tbs pepitas
2 tbs butter

Method

Peel and chop Jerusalem artichokes if using and soak in acidulated water (water with vinegar or lemon juice) to prevent browning. Peel and chop parsnips and potatoes into 3 cm pieces. Place in a baking dish with the drained artichokes and toss in the cooking oil. Place in a preheated 180 degree oven for 20 minutes. After the 20 minutes, toss the vegetables and sprinkle over the plain flour. Mix the flour through the potato mix and return to the oven for 10 minutes to cook out the flour. Prep the cauliflower by taking off and discarding the outer leaves. Keep the closer smaller leaves and cut the rest of the cauliflower into small florets. Put aside. Remove the pan from the oven and add the stock and the cauliflower, leaves first, then the florets. Place back into the oven for 15 to 20 minutes until the potatoes are fork tender. I like to cover after 10 minutes to help steam the vegetables and prevent over browning the cauliflower.

Make the crumble by mixing the oats, almond meal, slithered almonds, sesame seeds and pepitas in a bowl. Finely chop the butter and add this to the crumble mix. Work the butter through the mix with the back of a spoon or a fork, then rub it through with your fingers.

Remove the tray from the oven and spread out the contents to create a level surface. Sprinkle over the crumble mix to cover as evenly as possible. You may have some spots not covered depending on the size of the pan. Return to the oven for 10 to 15 minutes to crisp and brown the crumble. You can have as is or as a side dish.

Notes

Use whatever roasting vegetables you have on hand. This also works well with vegetables like capsicum, zucchini and onion. You just need to adjust the cooking times by adding after the potatoes are half cooked.