

Recipe of the Week featuring Autumn Vegetables

November 5, 2005

Fresh Autumn Hash

From Kelly Clark, Carrboro & Southern Village Farmers' Market Staff

The vegetables in this recipe have something in common. Each is complemented by the flavor accents in the hash: garlic, citrus, paprika, maple syrup and mustard. Serve with sautéed chicken breasts, and a green salad dressed with a sherry vinaigrette. Most of the ingredients in the recipe, as well as the accompanying serving suggestions, can be found at the Carrboro Market...even in early November!

Ingredients

1 large sweet potato, peeled
2 medium kohlrabi, peeled
2 medium turnips, peeled
3 medium carrots, peeled
1 medium yellow summer squash
5 large shiitake mushrooms, stems removed
1 small yellow onion
6 small cloves of garlic, skin removed
1 lemon, quartered
1/2 orange, quartered
2 Tablespoons olive oil
1 teaspoon paprika
Salt and fresh ground pepper
1 teaspoon maple syrup
1 teaspoon coarse ground mustard
1 Tablespoon chopped parsley

Procedure:

Preheat oven to 400 degrees.

Chop the sweet potato, kohlrabi, turnips, carrots, squash, mushrooms and onion into 1/2 inch cubes. Spread vegetables on a jellyroll pan, and toss with olive oil, 1/2 teaspoon of the paprika, salt and pepper to taste.

Sprinkle the lemon and orange quarters with the remaining 1/2 teaspoon of paprika. Nestle the wedges among the vegetables, skin side down. Roast the vegetables in the oven for 30 minutes, then take the pan out of the oven and carefully remove the citrus to a plate (try not to squeeze the juice) and toss the vegetables. Gently return the citrus to the pan, skin side down, and roast for another 15 minutes. Remove the pan from the oven, carefully remove the citrus to a plate, then look for the garlic cloves and remove them. If you don't find all 6, don't worry; just leave any remaining with the vegetables. Return the vegetables to the oven.

Put the garlic cloves in a mortar, squeeze the juice from the citrus into the mortar, add the maple syrup and the mustard. Grind with a pestle, until the garlic is incorporated.

Remove the vegetables from the oven and toss with the citrus juice mix and the parsley.

Serve hot.

Serves 4-6.