

Oven Roasted Jerusalem Artichokes

Would you change this recipe when you make it at home?

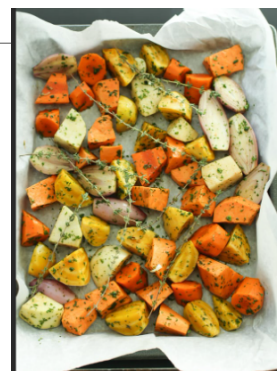
Equipment:

Oven, preheated to 200°C fan forced
Mixing bowl
Roasting tray
Baking paper
Knife, cutting boards and safety mat
Saucepan with boiling water, steamer
and lid
Serving dish and tongs



Ingredients

1 container pre-cooked vegetables
1 sprinkling salt
1 tbsp Olive Oil
1 stalk rosemary
1 lemon, cut into wedges
Extra branch rosemary for garnishing



Preparing vegetables for the next class

2 potatoes washed, cut into about 3cm cubes
1 chunk of pumpkin, and/or 1 carrot, cut into
approx. 3cm chunks
1-3 whole garlic cloves, skin left on
1 batch of Jerusalem artichokes scrubbed, cut into
3cm chunks

Place into the steamer, and steam for about 7
minutes.
Remove from steamer and put into container.

Method:

Needs to be in oven by:

9.25 am Session 1

11.35 am Session 2

Remember to clean up your workstation as you go

1. Discuss oven safety rules, including how to safely remove hot items.
2. Line the baking tray with baking paper.
3. Pick the leaves from the rosemary stalk.
4. Pour Oil into mixing bowl. Add the potatoes, pumpkin, carrots, Jerusalem artichokes, unpeeled garlic, half the lemon wedges and rosemary, sprinkle with sea salt and mix well.
5. Carefully place them from the bowl onto the baking tray, ensuring they don't touch each other.
6. Remembering the oven safety rules, carefully place the baking tray into the oven.
7. Set your timer for 20 minutes.
8. **Meanwhile**, while the vegetables are roasting, prepare the next batch of vegetables for the following class, **according to the instructions** on the ingredients list above.
9. **When the timer sounds**, safely remove baking tray from the oven and allow it to cool a little.
10. Put onto serving plate with tongs. Garnish with rosemary and uncooked lemon wedges.