Mrs Parker’s Group

Vegetable Crisps with Pea Dip

Season: Autumn/Winter
Type: Vegetable
Difficulty: Medium
Serves: 8 or 16 tastes
Fresh from the garden:
Recipe source: taste

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Knives</td>
<td>Crisps</td>
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<tr>
<td>Chopping board</td>
<td>1 ¼ cups white sugar</td>
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<tr>
<td>Trays</td>
<td>1 cup water</td>
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<tr>
<td>Baking paper</td>
<td>½ teaspoon chilli powder</td>
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<tr>
<td>Vegetable peeler</td>
<td>½ teaspoon ground allspice</td>
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<td>Spoon measures</td>
<td>Salt &amp; freshly ground black pepper</td>
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<tr>
<td>Saucepan</td>
<td>2 beetroot bulbs</td>
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<td>Bowls</td>
<td>1 medium sweet potato, peeled</td>
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<tr>
<td>Cup measures</td>
<td>2 large potatoes, unpeeled, washed, dried</td>
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<tr>
<td>Stick blender</td>
<td>½ butternut pumpkin</td>
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<td>Tongs</td>
<td>Pea Dip</td>
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<tr>
<td>Wire rack</td>
<td>2 teaspoons extra virgin olive oil</td>
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<tr>
<td>Colander</td>
<td>1 small white onion, halved, finely chopped</td>
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What to do:
- For Crisps
  - Preheat oven to 180°C.
  - Line 2 large baking trays with non-stick baking paper.

- 1 large garlic clove, finely chopped
- ⅛ teaspoon ground turmeric
- 1 ½ cups thawed frozen peas
- ¼ cup vegetable stock
- Salt & freshly ground black pepper
- 1 green shallot, end trimmed, finely chopped
- 1 teaspoon extra virgin olive oil, extra
Combine sugar, water, chilli and allspice in a small saucepan.
Season with salt and pepper.
Stir over low heat for 5 minutes or until sugar dissolves.
Remove from heat.
Set aside for 10 minutes to cool.
Trim and peel beetroot.
Cut beetroot into very thin slices and place in a bowl.
Cut sweet potato and potato into very thin slices and place in a separate bowl.
Cut pumpkin into very thin slices and place in another bowl.
Add sugar mixture to sweet potato and potato slices and toss to coat.
Set aside for 10 minutes to soak.
Transfer sweet potato and potato slices to a colander to drain.
Reserve sugar mixture.
Place the sweet potato and potato slices, in a single layer, on prepared trays.
Bake in preheated oven, swapping trays halfway through cooking, for 20-30 minutes or until light brown and crisp. (Remove slices from oven once brown, as they will cook at different rates.)
Place crisps on wire racks to cool.
Meanwhile, add reserved sugar mixture to beetroot and pumpkin
Set aside for 10 minutes to soak.
Drain.
Place the beetroot, in a single layer, on prepared trays.
Bake in oven, swapping trays halfway through cooking, for 20-30 minutes or until light brown and crisp.
Remove from oven. Place on wire racks to cool.
To make pea dip
Heat oil in a saucepan over medium heat.
Add onion and cook, stirring, for 5 minutes or until onion softens.
Add garlic and turmeric and cook, stirring, for 30 seconds or until fragrant.
Add the peas and stock and bring to a simmer.
Cook, partially covered, for 4-5 minutes or until peas are tender but still bright green.
Remove from heat.
Set aside for 10 minutes to cool.
- Use a hand blender to puree the mixture in the pan until coarsely chopped.
- Taste and season with salt and pepper.
- Stir in the green shallot until combined.
- Spoon the dip into a serving bowl and drizzle with the extra oil.
- Serve with the vegetable crisps