

Steamed swede with miso seaweed butter

By Michael Meredith

20 minutes

Preparation Time

40 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

- 1 kg swede, peeled and cut into chunks
- 2 nori sheets
- 200 g unsalted butter, softened
- 1 tbsp Misomite
- 2 tbsp white soy sauce
- ½ cup spring onions, finely sliced
- Salt flakes, to taste
- 2 tsp black sesame seeds, toasted, to serve

METHOD

1. Place swede chunks into a perforated steam container. Steam at 100°C for 7 minutes, or until tender.
2. Pre-heat oven on Fan Plus at 180°C. Place nori sheets on a baking tray and roast for 30 minutes or until crisp on shelf level 2.
3. Remove from the oven and crumble the nori sheets then rub through a sieve to achieve a fine powder.
4. Place the butter, nori, misomite and soy sauce into a blender and combine until evenly mixed.
5. Warm the miso seaweed butter in a saucepan with spring onions over low heat, induction setting 4 and add salt flakes to taste.
6. Pour seaweed butter over swede and mix to coat.

To serve

1. Place swede in a serving bowl and top with toasted sesame seeds.

Hints and tips

- Misomite is a miso spread based on Marmite but with miso as its main ingredient. It was created by a Japanese couple in Nelson. Shiso miso can be used as an alternative.
- White soy sauce is brewed with more wheat than regular soy sauce and is lighter in colour and flavor.
- The miso butter can be made ahead of time and will keep in freezer for 2 months. It can be served with many other roasted vegetables and meats.