

HOMESPUN

Chef Services

Cumin Seed Root Vegetables

by Chef Jason Jimenez



Yields 4-6 Servings

INGREDIENTS

- 1 # Rutabaga, *dice*
- 8 oz or small bunch Hakurei Turnips, *cut in half lengthwise*
- 8 oz or small bunch Baby Carrots, *cut in half lengthwise*
- 5 cloves garlic
- 1 cup Shiitake Mushrooms
- 2 cups Mammoth Spinach
- ¼ cup Sherry Vinegar
- ¼ cup Honey*
- 3 T Coconut Oil
- 1-2 T Cumin Seed
- Black Pepper
- Sea Salt

OPTIONAL GARNISH

- Fresh Herbs- Parsley & Thyme

PROCEDURE

- Preheat the oven to 375 F.
- In a large cast iron or skillet begin to heat coconut oil on medium heat. Once the pan is hot, add rutabagas, hakurei turnips, baby carrots, and whole garlic cloves. Sear for 5-7 minute Stirring every minute or so. Add mushrooms and cook for another minute.
- Transfer the pan to the oven for 8-10 minutes or until root vegetables are tender.
- In a small mixing bowl add cumin seed, sherry vinegar, honey or coconut sugar. Whisk together and set aside.
- Remove cast iron skillet from oven, add cumin seed mixture and spinach until it's wilted. Season with salt and pepper.
- Garnish with chopped parsley and thyme.

CHEF NOTES

- This is a great side to utilize different types of root vegetables like parsnips, sweet potatoes, celery root. I used what was in season and available at the market. Make your own substitutions accordingly.
- You can substitute the honey* for maple syrup, brown sugar, agave, or even coconut palm sugar.