

PORTOBELLO KATSU WITH SWEET POTOATO CURRY AND COCUNUT RICE

MISE EN PLACE WINNER - HIGH SCHOOL

TEAM: THE SMOKE DADDIES

BELLOWS FALLS HIGH SCHOOL

ingredients

6 portobello mushrooms
2 cups crushed breadcrumbs
2 eggs
1 cup white flour
1 head garlic
2 lbs. sweet potatoes
1 yellow onion
1 bunch scallion
1 bunch Tuscan kale
2 bell peppers
1 lb. carrots
2 quarts vegetable stock
1/2 cup sunbutter

4 cups coconut milk
1 cup coconut cream
1/2 cup roasted pepitas
1/2 cup red curry paste
4 oz. ginger
1 bunch cilantro
1/4 cup low sodium soy sauce
sunflower sprouts
3 cups jasmine rice
olive oil
salt
pepper

preparation instructions

1. Clean and gill mushrooms, rub in olive oil, chopped garlic, salt, and pepper; roast in 400 degree oven for 8 minutes.
2. Wash and peel carrots, sweet potatoes, and red pepper. Process into large dice.
3. Mince garlic and ginger. Dice onion. Sweat all in olive oil - when thoroughly cooked add curry paste and fry until oil separates. Add 2 cans coconut milk, 1 coconut cream and sunbutter. Add sweet potatoes and bring to simmer.
4. Rinse rice, add 2:1 coconut to rice and simmer until cooked. Add sliced scallion when cooked.
5. Add carrots to curry.
6. When mushrooms have cooled, use standard breading procedure to bread them. Crisp in pan with olive oil, set on top of paper towels to drain excess oil. When ready to serve, slice thin.
7. Finish curry with chopped kale and bell pepper. Season to taste.

To Plate: In a bowl, scoop about 1/2 cup rice, scoop a good amount of the curry on top. Place sliced mushroom katsu atop of curry. Garnish with chopped pepitas, sunflower sprouts, and cilantro.

local ingredients

Tuscan kale from New Dawn Farm, Dummerston
sweet potatoes and carrots from Harlow Farm, Westminster
sunflower sprouts from Grateful Greens, Brattleboro