

**Miele**

# Michael Meredith's Steamed Swede with Miso Seaweed Butter

By Michael Meredith

**20 minutes**

Preparation Time

**40 minutes**

Cooking Time

**8**

Serves



## INGREDIENTS

1kg swede, peeled and cut into chunks  
½ cup spring onions, finely sliced  
2 tsp black sesame seeds, toasted  
Salt flakes, to taste

### Miso seaweed butter

200g unsalted butter, softened  
2 nori sheets  
1 tbs Misomite  
2 tbs white soy sauce

## METHOD

### Steamed swede

1. Place swede chunks into a Perforated steam tray. Steam at 100°C for 7 minutes, or until tender.

### Miso seaweed butter

1. Pre-heat Oven on Fan Plus at 180°C. Place nori sheets on a Baking tray and Roast for 30 minutes or until crisp.
2. Remove from Oven and crumble the nori sheets then rub through a sieve to achieve a fine powder.
3. Place all ingredients into a blender and combine until evenly mixed.
4. Warm butter in a saucepan with spring onions on a low heat, Induction setting 4 and add salt flakes to taste.
5. Pour seaweed butter over swede and mix to coat.

### To serve

1. Place swede in a 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.
- 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.