

Miele



Summer vegetables with sherry vinegar dressing and garlic breadcrumbs

By Miele

15 minutes

Preparation Time

20 minutes

Cooking Time

6 serves

Serves

INGREDIENTS

Garlic breadcrumbs

60 ml (¼ cup) olive oil
100 g stale bread, crust removed
and torn into small pieces
2 garlic cloves, crushed
1 tbsp thyme leaves
Salt flakes and pepper, to taste

Sherry vinegar caramel dressing

55 g (¼ cup) caster sugar
1 tbsp water
80 ml (1/3 cup) sherry vinegar
2 tbsp lemon juice
60 ml (¼ cup) olive oil
Salt flakes and pepper, to taste

Summer vegetables

800 g mixed summer green
vegetables, such as asparagus,
zucchini or green beans

METHOD

Garlic breadcrumbs

1. Heat the oil in a large frying pan on medium heat, induction setting 6.
2. Place the bread into the pan, stirring occasionally. Cook for 10 minutes, or until lightly browned and crisp.
3. Add the garlic and thyme. Cook for a further 1 minute, stirring constantly.
4. Drain the breadcrumbs on paper towel and season to taste.

Sherry vinegar caramel dressing

1. Place the sugar and water into a small saucepan and cook on medium heat, induction setting 6, for 5 minutes, or until the sugar has dissolved. Add the sherry vinegar.
2. Increase to high heat, induction setting 9 and cook for 2 minutes until lightly browned. Cool slightly.
3. Whisk in the lemon juice and olive oil and season to taste.

Summer vegetables

1. Cut the greens into long pieces, if desired and place into a perforated steam container.
2. Place the greens into the steam oven and Steam at 100°C for 1 minute. Immediately transfer the greens into a bowl of iced water to chill. Drain well.
3. Preheat the griddle plate on medium-high heat, induction setting 7, for 5 minutes.
4. Add the greens to the griddle plate and cook for 2 minutes, or until charred.
5. Place the charred greens onto a serving platter, drizzle over the sherry vinegar caramel dressing and crumble the garlic breadcrumbs on top.

Hints and Tips

- The greens can be served without charring; however it does add a lovely smoky flavour to the dish.
- The dish can be made with any green vegetable.