



CHICORY STEWED IN DUTCHOVEN WITH ROASTED PUMPKIN AND PONZU

Ingredients:

4 chicory stalks
1 lemon
1 tbsp miso
1 tbsp brown sugar
1 cinnamon stick
1 star anise
1 pumpkin
2 tbsp ponzu
1 ripe avocado
½ red onion
½ red pepper without seeds
EldurApi Asian herbs
EldurApi Vegetable Herbs
EldurApi Fire Herbs

Supplies:

Kamado
pro set

Light a medium amount of charcoal and heat the Kamado to 180 °C. Place the pro set in the Kamado and place a half-moon grid on the top level, leaving the other side open.

Cut the chicory lengthwise. Place in a cast-iron pan and add the brown sugar, lemon, miso, cinnamon stick and star anise. Season everything with the EldurApi Asian Herbs.

Place the pan with lid on the Kamado with a moderate heat, 180°C. Stew the chicory until tender. Check regularly that the sugar does not burn. When the chicory is cooked, you can remove it from the Kamado.

Place the pumpkin directly into the coals, turning it regularly for a nice even cooking. Add some fire spices to the coals to give extra flavour to the pumpkin. You can check whether the pumpkin is already cooked by poking it with a skewer. When it goes in easily, the pumpkin is ready.

Stew pan

Kamado set up:
indirect and direct heat

Remove the pumpkin from the heat, cut it in half and remove the seed line. Add Asian spices and ponzu to taste.

For the guacamole, combine the avocado, red pepper, red onion, olive oil and lemon juice and mix well.

Place the avocado in the squash and top with the EldurApi vegetable herbs. Also put the chicory on your plate and here you can drizzle the remaining liquid from the casserole over it.

Enjoy your meal!

