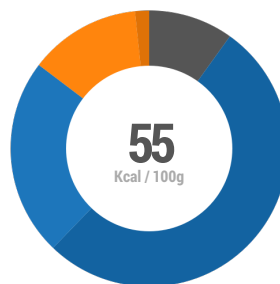


# Roasted Maple Glazed Swede

By colin scott from Brakes

Overview ...



CALORIES:

75.4% Carbs

9.9% Protein

14.7% Fat

Food Labelling...

Serves 4

CONTAINS:



MUSTARD



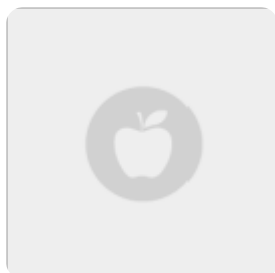
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
10477 Swede - BRAKES	1.04kg	1x Each
84810 Brakes Whole Cloves - BRAKES	5g	0.01x Each
27640 Colman's Dijon Mustard 2.25L - BRAKES	20g	0.01x Each
114657 Brakes Maple Flavour Mustard and Apple Glaze - BRAKES	50g	0.04x Each
10312 Large Oranges - BRAKES	144g	0.5x Each
100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	30g	0.03x Each
33588 Brakes Bay Leaves - BRAKES	2g	2x Each
113874 Herb Bunched Thyme - BRAKES	5g	1.25x Average Portion

Products / Pack Sizes ...

1 Serving



Product code

Barcode

324g / 195kcal

# 1

### **Stage One**

Turn the oven on to 180oC. Find a casserole dish or deep pan with a lid that your swede will fit comfortably in (alternatively use a deep roasting dish and a sheet of foil or a baking sheet as a lid).

Make up 2L of vegetable stock

### **Stage Two**

Peel the swede with a potato peeler and trim off any unwanted bits with a large, sharp knife. Score it with shallow cuts, criss-crossing to make lots of diamond shapes. Using a toothpick or a skewer push a hole into the centre of each diamond. Then push a whole clove into the surface of the swede holes (stud one diamond then miss one diamond)

### **Stage Three**

Pour vegetable stock into your cooking vessel, add the bay leaves, now place the prepared swede on top. Brush swede with a light layer of mustard and season with salt & pepper then place thyme sprigs & orange slices on top.

Put the lid or foil on and place the pot in the oven to steam-bake the swede for at least 2 hours (depending on the size of the swede) or until the swede is cooked through. You can test this with a skewer.

### **Stage Four**

Remove the swede onto a clean baking dish. (keep the juices to one side) Brush with the maple glaze and return it to the oven for 10 minutes or until golden brown. Then it's ready to carve and enjoy!

### **Top Tips**

Reduce the cooking liquor and thicken. Pass through a sieve before serving, Use for gravy

Try using **10377 - Celeriac** or **10376 - Cauliflowers** as an alternative option

### **Alternative flavour glaze options**

114658 - Brakes Marmalade Glaze

114655 - Brakes Jerk BBQ Glaze

126918 - Brakes Chilli Jam