



Taproot

Traverse City

GINGER GLAZED ROOT VEGGIES AND ROASTED POTATOES

GINGER GLAZED ROOT VEGETABLES:

INGREDIENTS:

Ginger glaze:

- 1 Tsp Fresh Grated Ginger
- 2 Tsp Honey
- 3 Tsp Lemon Juice
- 2 Cup Water
- 1/4 Cup Cornstarch
- 1 Tsp Salt

COOKING DIRECTIONS:

Combine ginger, honey, and lemon juice, mix well. Heat in a small saucepan and heat to over 180 degrees but do not boil. Combine water and cornstarch and mix with a whisk to make a slurry. Add cornstarch slurry to saucepan and stir while heating to thicken, do not boil. Remove from heat.

ROASTED ROOT VEGETABLES:

INGREDIENTS:

- 1 Medium-sized Beet
- 1 Medium-sized Turnip
- 1 Medium-sized Rutabaga
- 1 Small Yam or Sweet Potato
- 2 Tsp Sunflower Oil
- 1 Tsp Salt
- 1 Large Leaf Green Curly Kale
- 1 Cup Roasted Root Vegetables
- 3 Tsp Ginger Glaze

COOKING DIRECTIONS:

Preheat oven to 350 - 375 degrees. Rinse and peel all of the root vegetables (Note: the peel of turnips and rutabagas goes beyond the colored layer, make sure you have removed all of the peel). Dice root vegetables into 1/2 inch cubes. Toss root vegetables in sunflower oil and salt. Place in a single layer on an oiled sheet tray or baking dish. Bake until all root vegetable are tender (15 - 20 minutes). Remove from oven.

Preheat a large sauté pan or skillet. Chop the green curly kale until pieces average about 1/2 inch. Oil preheated sauce pan and sauté kale briefly to wilt. Add roasted root vegetables to pan. Add ginger glaze to coat, heat thoroughly, and remove from heat. Serve alongside maple glazed chicken breast.



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