

Wood Smoked SweetAs Kumara Salad

The lovely [Kumara](#) (sweet potato) from [Kaipara Kumara](#) is wonderful smoked over fruit woods and charcoal. It offers a wide range of uses in recipes from the addition to fresh seasonal salad, mashed and filled back into its skins, diced into small bites on a skewer with blanched vegetables and char grilled and added to shredded fish to make flavourful fishcakes.



I prefer a medium fast smoking for the Kumara. Preparation is easy and takes about 1 1/2 hours.

Ingredients

4 medium to large [SweetAs Kumara's](#)

4 tablespoons butter, melted
Coarse sea salt and freshly ground black pepper

6 by 75mm sprigs of fresh rosemary lightly rubbed between the palms of your hand to release some oils

Your choice of seasonal greens, rocket, diced cherry tomatoes and sliced spring onions

Method

Fire up your charcoal bbq and heat to 150C (300F) and let the bbq become stable at this cooking temperature.

Clean under running cold water and brush any dust or dirt off the skins then gently dry with paper towels. Cut in half longways and pat dry again. Place in a foil roasting tray and

brush all over with the melted butter. Season with salt and pepper and lay the rosemary sprigs over the top of the Kumara pieces.

Place the Kumara in the center of the grill and add some small chunks of fruit woods, apple, plum or cherry. Close the bbq cover (lid) and cook the Kumara until the skins are nicely browned and the flesh is becoming tender but not cooked all the way through, 40 minutes to 1 hour.

Lightly brush a little more melted butter and close the lid again and cook for about 30 minutes or until the flesh is cooked but still slightly firm.

Remove from the smoker and let the Kumara cool. Dice into small cubes and add to your mixed salad.

Serve slightly chilled.