



Roasted Sweet Potato & Carrot Hash with Carrot Top Chimichurri

by: Chef Stephen Jones

Yield : 6 servings

Equipment List

- Sauté pan
- Cutting board and knife
- Mixing bowls

Ingredients:

Hash

- 3 sweet potatoes
- 1 pound carrots with tops
- ½ red onion
- 1 tsp oil
- Salt & black pepper to taste

Chumicurri

- ½ bunch carrot tops
- 2 garlic cloves minced
- juice of one lime
- ½ cup extra virgin olive oil
- salt & pepper to taste



Allergy Indicators:



Jones grew up splitting his time between Chicago, Los Angeles, and Alabama in a family full of master chefs and cooks. Now an award-winning chef, Jones began his career at Le Cordon Bleu in California followed by working in popular kitchens including Tarbell's, Latilla, and Nobu. He opened his first set of small restaurants in DeSoto Central Market in downtown Phoenix. When DeSoto closed in 2015, Jones was left to find a new home for his dreams. A few months later he opened the larder + the delta. Jones is a two-time semi-finalist for a James Beard Foundation Award (in 2020 and 2022). In addition, Chef Jones has appeared on several TV shows including Guy's Grocery Games, CNN, Travel Channel, and others.

Instructions

1. Preheat oven to 375.
2. Prepare the potatoes, carrots, and onions.
 - a. Rinse and scrub the potatoes and then cut them into medium irregular pieces that are approximately the same size.
 - b. Remove the carrot tops from the carrots and soak them in cool water (these will be used for the chimichurri). Chop the carrots into small pieces.
 - c. Cut the onion into a medium dice.
3. Working with a preheated large sauté pan, add a thin layer of oil and let that heat for 3 minutes on medium heat.
4. Add the sweet potatoes and carrots to the pan and toss. Let cook for 3-4 minutes without moving the pan.
5. Add onion and salt & pepper to the pan. Toss everything together.
6. Place the sauté pan in the oven to finish roasting for about 7-8 minutes.
7. Once the potatoes are cooked, remove the pan from the oven and place it back on the stove burner with the heat on medium. Be sure to use a pot holder, as the handle will be hot.
8. While your hash cooks, pick carrot leaves off stems. Working on a flat surface using a cutting board, finely mince the carrot top and garlic (but don't over-mince and leave the cutting board green).
9. Combine all ingredients in a mixing bowl except the olive oil and mix, then begin to slowly pour in the olive oil until you get a consistency of a loose salad dressing. Adjust salt and pepper to taste and set aside.
10. Arrange sweet potato & carrot hash on a platter.
11. Spoon chimichurri generously over the hash.

Meet Your Sweet Potato Gardeners

Master Gardeners are active volunteers for the University of Arizona's Cooperative Extension. They provide outreach and education to communities throughout Maricopa County. Master Gardener volunteers help bring the University's science-based information on plants, gardens and landscapes to the public. This month Maricopa County Master Gardener volunteers propagated "slips" from sweet potatoes for this month's Chef in the Garden Program.





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#chefinthegardenaz



Sweet Potato Planting Instructions

*Note that sweet potatoes are not grown from seed. Instead, they're grown from slips which are sprouts from existing sweet potatoes.

1. Create raised mounds 6 to 8 inches tall and about 12 inches wide.
2. Plant 3 feet between mounds so there is enough space for vines to run.
3. Break off the lower leaves of the slip, leaving only the top ones.
4. Set the slips deep enough to cover the roots and the stem up to the leaves. Sweet potatoes will form on the nodes.
5. Water generously for 7 to 10 days to make sure that the plants root well.

Adapted from [Almanac: How to Grow Sweet Potatoes: The Complete Guide](#)

Tips for Plant Maintenance and Harvest:

1. Avoid digging around the plant to prevent damage to their roots.
2. Sweet potato leaves do not need to be pruned.
3. Harvest when the leaves on the end of the vines start to turn yellow.
4. Pull up the main part of the plant and use your hands to dig out the potatoes.

Lesson

The part of the sweet potato that is most commonly eaten is the large root, but its leaves are also edible. Sweet potatoes have beta-carotene, a nutrient that helps our skin and our eyes. Sweet potatoes also have vitamin C, B vitamins, and potassium.

Sweet potatoes originated in Central America and parts of South America, where they have been cultivated for thousands of years. Spanish and Portuguese explorers carried them around the globe, introducing them to Europe, the Philippines, and eventually to China, where they became a dietary staple that helped to prevent famine and support population growth. Sweet potatoes were able to grow in areas of the country where other foods could not, giving the Chinese people a new source of nutrition. Today, China is still the leading producer of sweet potatoes in the world.

Finally, sweet potatoes are not related to white potatoes! Sweet potatoes are part of the Morning Glory family which means they make beautiful flowers.

Adapted from: [Kids Gardening: Sweet Potatoes](#) and [Kiddle: Sweet potato facts for kids](#)

Culinary Skill: Knife Skills

- 1) Set up your workstation properly. Make sure you have all your equipment cleaned, laid out, and ready to use! You can use Chef Dina's "left to right" method and keep all the washed veggies to your left as you chop and then move them to your mixing bowl on your right.
- 2) Of course, as you chop, it's good to remember your knife safety techniques - use a pinch grip on the base of the knife, and make sure your other hand that is holding the food is in a "claw" with your fingers pulled back, and use a smooth rocking motion to make your cuts.
- 3) Create a flat surface when cutting so whatever you are cutting doesn't move and lead to an injury.

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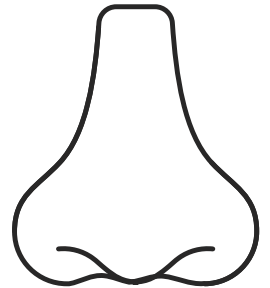
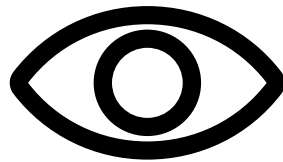
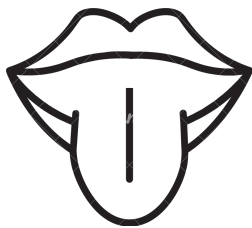




Student Feedback Sheet

Sweet Potatoes

Can you describe it using the five senses?



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Student Feedback Sheet

Sweet Potatoes

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