

# POTA

**Blas na Gaillimhe**  
**Oideas Feolséantóireach**  
***Blas na Gaillimhe***  
***Vegetarian Recipe***  
**le Diarmuid Ó Mathúna**

# Muisriúin agus Cál in Miso Ghairleog Dhubh le Hummus Cairéad Rósta agus Síolta Tóstáilte ar Tósta Géarthaosráin

## *Black Garlic Miso Mushrooms and Kale with Roast Carrot Hummus and Toasted Seeds on Sourdough*

Dóthain do 6

In POTA, tugaimid Bric-Féasta ar 'Brunch' mar go gcreidimid go mba chóir dó a bheith ina féasta ceart! Mar sin, má tá tú sa tóir ar oideas álainn bricfeasta nó lón atá fóinteach, séasúrach agus véigeánach, seo chugat é. (Agus má tú sásta é a bheith díreach feilséantóireach, cuir ubh scallta ar a bharr!)

*In POTA, we call our brunch 'Bric-Féasta', meaning 'Break-Feast' because we think it should be a real feast! If you're looking for a tasty breakfast or lunch dish that's hearty, seasonal and vegan, this is it. (And if you don't mind it being vegetarian instead, stick a poached egg on it.)*

### Comhábhair

#### Do na Muisriúin | For the Mushrooms

500g muisriúin Portobello, gearrtha ina slisíní | Portobello mushrooms, sliced  
100ml ola síol ráibe | rapeseed oil  
100g cál, stróichte go garbh | kale, roughly torn  
5tsp taos miso geal | white miso paste  
2tsp taos gairleog dhubh | black garlic paste  
salann | salt

#### Don Hummus Cairéid Rósta | For the Roast Carrot Hummus

100g cairéid, nite agus gearrtha i slisíní 1cm | carrots, washed and cut into 1cm slices  
2 ionga gairleoige, gearrtha go mion | garlic cloves, finely diced  
1 canna 400g piseánach, uisce bainte | 400g tin of chickpeas, drained  
100ml ola síol ráibe | rapeseed oil  
100g tahini  
1 líomóid don sú | lemon, juice only  
salann | salt

#### Do na Síolta Tóstáilte | For the Toasted Seeds

50g síolta lus na gréine | sunflower seeds  
50g síolta puimcín | pumpkin seeds  
salann

1. Róstáil na cairéid ar thrádaire rósta le beagán ola síol ráibe agus salann ar feadh 30-45 nóiméad ag 180C, go dtí go mbeidh siad ag éirí bog agus beagán datha ag teacht ar na himill.

*Roast the carrots on a baking tray with a little rapeseed oil and salt for 30-45 minutes at 180C until they're getting soft and have a little browning on the edges.*

2. Do na síolta, téigh friochtán mór go dtí teocht an-ard. Cuir isteach na síolta puimcín agus lus na gréine agus scaoil leo tóstáil ar feadh thart ar 5 nóiméad, á chreathadh go minic, le nach ndófar. Tosóidh siad ag pléascadh ar nós grán rósta nuair a bheidh siad réidh. Scaip beagán salann orthu agus cuir i leataobh iad.  
*For the seeds, heat a pan on a high heat. Add the pumpkin seeds and sunflower seeds and allow to toast for about 5 minutes, shaking regularly so they don't burn. When they're ready they'll start to pop like popcorn. Sprinkle a little salt over them and set them aside to cool.*
3. Do na muisriúin, cuir braon maith ola síol ráibe isteach sa fhriochtán. Clúdaigh bun an fhriochtáin le muisriúin, agus fág nóiméad iad gan iad a chorradh, le go dtiocfaidh dath deas donn-óir orthu, Ansin corraigh thart iad agus lean ort á fhriochadh ar feadh 2 nóiméad eile go mbeidh siad cócaireáilte i gceart ar gach taobh. Bain den fhriochtán iad agus cuir i leataobh iad áit éigin bog-the a fhad agus atá an cuid eile á chóiceareáil agat, beart amháin ag an am.  
*For the mushrooms, drizzle a good drop of rape seed oil on the pan. Cover the base of the pan with sliced mushrooms and leave them for one minute without stirring to get a nice golden brown colour. Then stir and cook for a further 2 minutes until they're nicely cooked. Set aside somewhere warm and continue to cook the rest in batches.*
4. Don hummus, cuir an ghairleog isteach i bpróiseálaí bia le 100ml ola. Déan é a chumasc go mín. (Mura bhfuil próiseálaí bia agat is féidir cumascóir láimhe a úsáid.) Isteach ansin leis an tahini, na piseánach, leath an sú líomóid agus na cairéid agus lean ort á chumasc go dtí go mbeidh sé mín go maith, ag cur ola leis go dtí go mbeidh uigeacht ceart aige agus cuir tuilleadh salainn agus sú líomóid leis de réir blas.  
*For the hummus, put the garlic in a food processor with 100ml oil and blend well. (If you don't have a food processor, an immersion blender will work too.) Then add the tahini, chickpeas, half of the lemon juice and the roast carrots and continue to blend until it's quite smooth, adding oil as necessary to achieve the desired consistency. Add salt and more lemon juice to taste.*
5. Nuair a bheidh an hummus réidh cuir an friochtán ar ais ar an teas, ar mheán-teocht ard. Cuir braon eile ola síol ráibe, an miso geal agus an ghairleog dhubh isteach ann le beagán salann. Scaip timpeall go gasta iad agus cuir na muisriúin friochta ar fad agus an cáil isteach ann, á chorradh thart go leanúnach, go dtí go mbeidh an cáil deas bog..  
*When the hummus is ready, return the pan to the hob at a medium high heat. Add another drop of oil along with the miso paste and black garlic and a pinch of salt. Spread these around and add back in all of the mushrooms along with the shredded kale, stirring continuously until the kale is nicely wilted.*
6. Cuir an tósta ar siúl, slisín géarthaosráin mór amháin in aghaidh an duine. Nuair a bheidh siad réidh, scaip hummus go fiail ar gach slisín, ag fágáil log i lár báire do na muisriúin. Líon an log sa hummus leo agus scaip na síolta tóstáilte ar an mbarr.  
*Stick on the toast, one large slice of sourdough per person. When it's ready, spread a generous helping of hummus on top, leaving a shallow well in the centre for the mushrooms. Fill the centre with the mushrooms and kale and scatter the toasted seeds on top.*