

# Roasting Vegetables

Kitchen

Why roast vegetables come out soft instead of caramelised.

*The four variables that decide the outcome.*

1

## **Cut to a consistent size**

Uneven pieces cook unevenly, whatever else you do.

2

## **Dry them**

Especially after washing. Water prevents browning.

3

## **Enough oil**

About a tablespoon per 500 g. Too little and they dry rather than caramelise.

4

## **One layer, spaced**

Two trays rather than one crowded one.

5

## **Hot oven**

200–220°C. Below 180°C they soften without browning.

### **TIMINGS AT 200°C**

Root veg, 2 cm: 30–40 min

Broccoli, cauliflower: 20–25 min

Cherry tomatoes: 15–20 min

Onion wedges: 30 min

**Preheat the tray as well as the oven. Vegetables hitting hot metal start browning immediately.**