





Parsnips

Parsnips are a staple winter vegetable and can be boiled, mashed or roasted. Smaller parsnips are sweeter and less woody than larger ones.

1 portion = 1 parsnip

Recipe
developed by
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Community Chef

How to prepare

Peel and trim the parsnips and either cut into slices, or cut into quarters lengthways according to the method of cooking. Remove any hard core from the quarters.

How to cook

Boil: for 4 parsnips, melt 1 teaspoon of butter in a pan. Add thinly sliced parsnips and cook gently for 10 minutes, shaking the pan frequently so that they do not stick to the bottom. Add $\frac{1}{4}$ of a mug of boiling water, cover and cook for a further 15–20 minutes or until soft. Serve with the cooking liquid and sprinkle with chopped parsley or thyme.

Roast: place chopped parsnip in a roasting tin, add 1 teaspoon oil and roast for 30–40 minutes or until soft and golden (200°C/400°F/gas mark 6).

Mash: boil parsnips as above, then mash using a fork or potato masher adding butter and/or milk and seasoning to taste.

Recipe ideas

- Peel and chop 2 parsnips, 2 carrots and 1 potato. Boil until soft, drain then mash. You can add butter and/or milk to the mash to make it smoother as well as seasoning.
- To make soup, stir-fry 1 onion and 4 peeled, chopped parsnips. Add 2 mugs of vegetable stock and 2 peeled, cored and chopped apples. Cook until soft then blend.



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