

## **PARSNIP PUREE**

### **EQUIPMENT**

PEELER, GRATER, ZIP LOCK BAG, SMALL KNIFE, BLENDER

### **INGREDIENTS**

1 PARSNIP, 80GM CREAM, 30GM COLD BUTTER, SALT AND WHIT PEPPER

### **METHOD**

PEEL AND GRATE THE PARSNIP ON THE COARSE SIDE OF THE GRATER

PLACE THE GRATED PARSNIP, CREAM AND SEASONING IN THE BAG AND SEAL REMOVING AS MUCH AIR AS POSSIBLE

PUT BAG ON A PERFORATED STEAM TRAY AND IN OVEN ON STEAM SETTING 14 MINS @ 100 DEGREES

WHEN COOKED REMOVE BAG AND POUR CONTENTS INTO A BLENDER, BLEND ON HIGH SPEED DROPPING IN COLD CUBES OF BUTTER AS YOU GO

SERVE WARM WITH ROAST BEEF, LAMB OR POULTRY

### **HINTS & TIPS**

- GRATING THE PARSNIP ENSURES IT COOKS EVENLY AND QUICKLY AND DOES NOT LOOSE COLOUR
- TRY THE SAME METHOD WITH OTHER ROOT VEGETABLES, CELERIAC, CARROTS OR EVEN FENNEL
- THIS CAN BE MADE IN ADVANCE AND WARMED GENTLY IN A POT OR IN A BOWL IN THE STEAM OVEN, JUST COVER WITH CLING FILM