

Maple and Ginger Glazed Parsnip

EQUIPMENT

Peeler, Chef's Knife, Perforated Tray, Microplane or Fine Grater, Small Mixing Bowl, Spoon, Paper Towel, Frypan, Skillet or Teppan Plate

INGREDIENTS

3-4 Medium Size Parsnips, 1 Shallot, 2 Sprigs Thyme, 2cm Piece Ginger, Extra Virgin Olive Oil, 50gm Pure Maple Syrup, 50gm Cabernet Vinegar, 30gm Butter, Salt Flakes

METHOD

To begin: Peel the parsnips and cut them in half lengthways, place parsnips on a perforated tray and into a preheated oven steam only setting 100°C for 40-45 minutes until tender.

While the parsnips cook, prepare the glaze mixture; add picked thyme leaves, finely diced shallot, vinegar finely grated ginger and maple syrup to a small mixing bowl and mix well to combine.

Once the parsnip has cooked remove from the oven and pat dry with some paper towel. Heat a large frypan/skillet over medium heat and add a little oil. Place the parsnip in the pan cut side facing down and cook for 1-2 minutes then add the butter and cook for a further 3-4 minutes until beginning to colour.

Next add the maple ginger glaze mixture and cook for a further 5-7 minutes rotating regularly until the parsnips are evenly glazed and a little sticky.

Remove from the pan and place on a large serving platter and serve alongside and roasted or grilled meat, fish or poultry.

HINTS & TIPS

Steaming the parsnip first is a great way to help retain its natural flavour, and the finishing flourish in the pan to give it colour and reduce the glaze brings this vegetable to a new level.