


Parsnip

Store	In vegetable section of the fridge.
Prepare	<ul style="list-style-type: none"> • Scrub clean under cold water and then cut off top and tail. • Cut into rings or short lengths to boil, steam or microwave. • Cut into long lengths to roast.
Cook	<ul style="list-style-type: none"> • Boil in lightly salted water, covered for about 8 minutes or until tender. • Steam over boiling water 10 minutes until tender. • Roast parsnips which have been cut in half lengthwise and brushed with a little olive oil. • Microwave in a covered container with a little water (2 Tablespoons) about 6-8 minutes.
Add Flavour	<ul style="list-style-type: none"> • Mash cooked parsnip, add a little milk and season with $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground nutmeg or ground cumin. • Cook equal quantities of carrots and parsnips and then mash together, add ground pepper. • Cut parsnip into thin slivers. Pan-fry in a little olive oil with finely diced onions. When golden brown and tender, toss through leafy greens.
Vege Up	<p>Parsnip adds sweetness to winter stews and soups.</p> <ul style="list-style-type: none"> • Add chopped parsnip to meat stews along with carrots and onions. • Add parsnips to vegetable soups. • Roast parsnip with carrots, potatoes and pumpkin and when cooked drizzle with balsamic vinegar to make a tasty hot vegetable salad.

Recipe Ideas

Roasted Caramelised Parsnips	<p>$\frac{1}{2}$ kg parsnips, halved lengthwise 1 tablespoon brown sugar 1 tablespoon chopped parsley 1 tablespoon olive oil $\frac{1}{2}$ teaspoon ground nutmeg</p> <ul style="list-style-type: none"> • Preheat oven to 220°C. • Combine parsnip, oil, sugar and nutmeg in large baking dish. • Roast $\frac{3}{4}$ hour or until parsnip is browned and tender. • Sprinkle with parsley and serve. 	
Carrot and Parsnip with lemon	<p>4 carrots, grated 4 parsnips, grated 1 tablespoon margarine 2 tablespoons lemon juice 1 tablespoon honey 2 teaspoons seed mustard</p> <ul style="list-style-type: none"> • Melt margarine in large fry pan. • Add grated vegetables and sauté until just tender – they should be still crisp. • Combine honey, lemon juice, and mustard to make a dressing - you may need to warm it to melt the honey. 	