



Puree of Parsnip

List of ingredients

500g parsnips

Salt and black pepper

30g margarine

3 tablespoons light sour cream

1 teaspoon chopped fresh thyme (or ¼ teaspoon dried thyme)

Feeds 4 people.

How to cook the dish

1. Peel the parsnips, quarter them lengthways and remove any tough, woody core. Cut the parsnips into large chunks and put them in a pan with enough cold water just to cover them, plus some salt.
2. Bring to a boil, lower the heat and simmer for 10-20 minutes, until completely tender. Drain, but keep the cooking water.
3. Puree the parsnips with the margarine, black pepper, sour cream, thyme (if using) in a blender or use a stick blender or masher.
4. Process to a thick puree making the parsnips as smooth as possible. Add a splash of cooking water to loosen it if you like, but it is best when thick enough to hold its shape.
5. Check the seasoning and serve straight away.

Serve with any roast or grilled meats.