

Parsnip recipes

Parsnip Fritters (Serves 2)

Ingredients:-

2 small parsnips, 7 g butter, 1 tablespoon plain flour, ½ tsp baking powder, 1 egg, 1 tbsp freshly chopped parsley, 1 tbsp freshly chopped chives, 1 tbsp freshly chopped dill, Olive oil or sunflower oil for frying fritters, Salt & Pepper to season

Instructions:- Steam or boil the parsnips until they are tender, then drain them and mash them up with the butter. Beat in the egg, flour, baking powder and herbs using a wooden spoon.

Heat the olive oil in a frying pan. Fry in small batches using roughly a tablespoon measure of the parsnip batter for each fritter. The fritters are ready when they are golden and puffed.

Handy Hint:- *To adapt this recipe for more than two people just double the quantities for four people, treble for six etc. These fritters are really tasty as a veggie dish to go with your roast dinners.*

Warming Winter Parsnip Soup - Serves 2

Preparation Time: - 15-20 minutes.

Cooking Time: - Approximately 1 hour.

Ingredients:- 1 potato, cut into chunks, 1 chopped onion, 5 chopped parsnips, 25g/ olive oil, 750ml vegetable or chicken stock, 50g/ crème fraiche or yoghurt, Salt, pepper and nutmeg to taste

Instructions:- Pre-heat oven to 200F (400C), gas mark 6. Place parsnips in a roasting tin, sprinkle with olive oil and seasoning and bake for 10-20 minutes until nicely browned. Sauté potato and onions in a little oil until onions are soft. Add the roasted parsnips, cover with stock and simmer for 25-30 minutes until potatoes are tender. Puree and return to pan. Add fromage frais or yoghurt and season to taste.

Handy Hint: - *If you fancy something spicy you could substitute the nutmeg with some cumin. For a richer soup add some double cream. If desired sprinkle with parsley, paprika or croutons.*