

PARSNIPS

Learn how to cook perfect parsnips in three simple ways: roast parsnips, mashed parsnips and fried parsnips.

INGREDIENTS

500g (approx. 5 medium) parsnips, peeled and trimmed

For the roasted parsnips

1 tbsp olive oil
2 tbsp runny honey
2 tbsp wholegrain mustard
salt and freshly ground black pepper
chopped fresh thyme, to serve (optional)

For the mashed parsnips


15g/½oz butter
1 tbsp milk
pinch of grated nutmeg (optional)
salt and freshly ground black pepper
chopped fresh parsley, to serve (optional)

For the fried parsnips

2 tbsp olive oil
3 tbsp soy sauce

METHOD

1. To make the **roast parsnips**, preheat the oven to 200°C.
2. Cut the parsnips in half lengthways and put them in a roasting tin, then rub them with olive oil. Season with salt and pepper and roast for 20 minutes.
3. Mix the honey and mustard together. Remove the parsnips from the oven, turn them over and brush them with honey and mustard. Return to the oven and cook for a further 15 minutes, until tender and golden. Garnish with thyme, if using.
4. To make the **mashed parsnip**, cut the parsnips into even size chunks (approximately 2cm). Bring a large pan of salted water to the boil. Add the parsnips and simmer for 10–12 minutes until tender. Drain well and leave to stand for 2–3 minutes to dry out.
5. Add the butter, milk and nutmeg, if using, then season with salt and pepper. Mash until smooth, then transfer into a warmed serving bowl and garnish with chopped parsley, if using.

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6. To make **fried parsnips**, cut into rounds approximately $\frac{3}{4}$ cm thick. Heat the oil in a frying pan over a medium-low heat, add the parsnips and cook for 5 minutes. Turn the slices over and cook for a further 5 minutes, until just tender.
 7. Increase the heat, add the soy sauce and cook for 2 minutes, tossing the parsnips in the soy, until the pan is almost dry. Remove from the heat and serve immediately.

NOTES: To make the fried parsnips **gluten-free**, swap the soy sauce for tamari sauce.

To make the roasted parsnips **vegan**, swap the honey for syrup.

To make the mashed parsnips **vegan**, replace the butter and milk for non-dairy alternatives.