



Parsnip Puree

Serves 4-6 as a side dish

Ingredients

- 1 large parsnip, peeled, cut into chunks
- 1 floury potato, peeled, cut into chunks
- 1 apple, peeled, core removed, cut into chunks
- salt and white pepper
- 150ml/5fl oz olive oil
- 200ml/7fl oz milk
- 100g/3½oz cobnuts, roasted, to serve (optional)

Method

1. Place the parsnip, potato and apple chunks into a large saucepan. Add a pinch of salt and white pepper.
2. Pour over the olive oil and milk, then add enough water to just cover the vegetables. Carefully bring the mixture to the boil, then reduce the heat and simmer for 12-15 minutes, or until the vegetables and apple are tender.
3. Drain the liquid from the pan, reserving in a clean bowl. Allow the cooked vegetables to cool a little, then transfer to a food processor and blend to a purée. As you blend the mixture, gradually add enough of the reserved cooking liquid to whip the vegetables into a smooth purée.
4. Season again, to taste, with salt and white pepper.