

BC PARSNIP PUREE



Yields:

4 - 1/2 cups (125 ml) serving

INGREDIENTS

3 cups	BC Parsnip (about 4 medium), peeled & diced	454 g
2	Garlic Cloves, peeled & smashed	2
2 sprigs	Thyme, fresh, leaves stripped from the stem	2 sprigs
2 cups	Milk	500 ml
to taste	Salt and Pepper	to taste

DIRECTIONS

1. Combine all ingredients into a saucepot.
2. Simmer for 20 minutes or until parsnips are very tender.
3. Place solids into a blender and puree.
4. Add just enough liquid to achieve desired consistency. Discard any remaining liquid.
5. Return the puree to the pot and adjust seasoning.



CHEF'S TIP

A puree is a wonderful way to add colourful vegetables to a dish. The puree can also be used as a sauce if thinned with milk.

BC AG FACT

Parsnips are a root vegetable so they grow underground. They require little maintenance but take 16 weeks or more to mature.