

Baked Parsnips

This is a warming winter dish from **England**¹.

Parsnips are reputedly better after a frost and this recipe makes the most of their juicy sweetness.

These quantities make 6 generous ("moreish") portions of this popular recipe.

Ingredients

- 1 kg organic parsnips
- 1 medium onion
- 250 g mushrooms
- 2 cloves garlic
- 1 **FAIRTRADE** lemon
- 15 ml **FAIRTRADE** olive oil
- 15 ml sunflower oil
- salt and freshly ground **FAIRTRADE** black pepper
- 100 gm frozen broad beans
- 25 ml breadcrumbs
- approx

Method

Preparation

Wash and peel the parsnips. Skin the onion and garlic and chop medium to fine. Cut the mushrooms into quarters or smaller.

De-frost the beans by covering them in boiling water (in a bowl) for a few minutes.

Juice half of the lemon and slice the other half.

Cooking

Cut the parsnips into chunks and cook them in boiling water until easily penetrated with a kitchen knife (about 20 minutes).

Meanwhile fry the onions and garlic in the sunflower oil for a few minutes until the onions start

to turn translucent.

Add the mushrooms and continue to cook for a few minutes. Add a little more sunflower oil if the pan starts to dry out.

Once the parsnips are cooked, drain and mash them with the lemon juice. You may wish to add a little oil or margarine to the mash to give a creamy consistency.

Assembly

Gently fold the mushrooms and onions into the parsnips and then fold in the beans.

Turn the parsnips mixture into a greased baking dish and sprinkle the breadcrumbs over the top in a thin, even layer.

Drizzle a little olive oil over the breadcrumbs and decorate with the remaining lemon slices.

Bake in the oven at Gas Mark 5 for 20 minutes.

To serve

Serve hot as a side dish to a stew, or as a vegetarian / vegan main course.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>