

# Parsnip Nutty Bake

A sweet parsnip flavour bake with a crunchy topping.

This is an **English**<sup>1</sup> dish inspired by the lunches at the Spurriergate Centre<sup>2</sup> in York.

Makes 4 to 6 portions.

## Ingredients

- 750 g organic parsnips
- 2 cloves garlic
- 1 medium white onion
- 10 ml whole cumin seeds
- 5 ml poppy seeds
- to taste salt and freshly ground **FAIRTRADE** black pepper
- 5 ml **FAIRTRADE** ground nutmeg
- 5 ml sesame seeds
- 15 ml or so sunflower oil
- 100 g **FAIRTRADE** cashew nuts
- 50 g breadcrumbs<sup>3</sup>
- 50 g red leicester cheese

## Method

### Preparation

Peel the parsnips and cut into chunks. Peel the onion and chop small.

Peel and crush the garlic, keep separate.

Assemble the whole seeds.

Grate the nutmeg.

### Cooking

Put the chunked parsnips into enough boiling water to cover them well, bring them back to the

boil, cover, and simmer (for about 20 minutes) until just tender (knife test).

### Meanwhile

Whilst the parsnips are cooking heat the oil and fry the onion until translucent. Add the cashew nuts, cumin seeds, and poppy seeds and fry until the seeds start to jump and pop.

### Then

Once the parsnips are tender, mash them with a potato masher, and work in the crushed garlic, nutmeg, salt and freshly ground black pepper.

Turn the mashed parsnips out into an oven proof pot.

Spread the seedy onion mixture over the parsnips.

Mix together roughly equal quantities of Leicester cheese and breadcrumbs. Use these to make a final layer on top of the parsnips.

Bake in the oven at Gas Mark 5 for about 30 minutes and until the top is a glorious golden brown colour.

### To serve

Serve hot as a side dish to a main meal, or as the main component of a light lunch.

### Variations

Omit the cheese, and mix the breadcrumbs with Palestinian Olive Oil for a vegan dish.

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

<sup>2</sup><http://www.thespurriergatecentre.com/welcome56k.htm>

<sup>3</sup><http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>