

# Vegetables

Servings: I use 120g per person.

Actually what I do is by eyeball, i.e. I prepare what looks like as much vegetable as makes a portion for each of the people at the table. This is because carrots and potatoes etc. vary in size and are not easily weighed to measure.

## Ingredients

Broccoli<sup>1</sup>  
Brussel sprouts<sup>2</sup>  
Carrots<sup>3</sup>  
Cauliflower<sup>4</sup>  
Parsnips<sup>5</sup>  
Potatoes<sup>6</sup>  
pinch of salt.  
Sprig of mint if available.

## Method

### Broccoli

Chop into florets removing any grotty bits.

Steam for 10 minutes.

### Brussel Sprouts

Remove dead and outer leaves. Nick the base of the large ones with the knife.

Boil or steam for 5 minutes, do not overdo.

Must be organic, otherwise, do not bother.

### Carrots

Top, tail, peel, chop, boil for 20 minutes, or steam above the potatoes.

### Cauliflower

Chop into florets removing any grotty bits.

Steam for 10 minutes.

### Parsnips

Clean any residual soil or clay off the parsnips using a brush or scrubber prior to peeling.

Peel and chop into large chunks.

Either:

### Parboil and bake

Whilst preparing the parsnips, boil a good pan of water.

Once the parsnips are ready put them into the water and bring back to the boil.

Boil for 5 minutes (as near as possible) and remove from the water with a slotted spoon.

Place on an oiled baking tray and bake in the oven at Gas Mark 6 for 1 hour or until golden brown.

or

<sup>1</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#broccoli>

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#sprouts>

<sup>3</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#carrots>

<sup>4</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#cauliflower>

<sup>5</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#parsnips>

<sup>6</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm#potatoes>

## **Boil and mash**

Put the prepared parsnips into a pan of water, bring to the boil, reduce to medium to low heat and cook for 20 minutes or until just soft.

Strain and mash as per mashed potatoes.

See **Parsnip Nutty Bake**<sup>7</sup> for a "posh" development of these basic instructions.

## **Potatoes**

Peel the potatoes and cut into pieces the size of half of a lemon for boiled or mashed, smaller for potato salad. Peeling is important as the green stuff under the skin is poisonous (according to the books anyway).

Boil enough water to cover the potatoes and add a pinch of salt and a few mint leaves.

Boil the potatoes until cooked. They are done when you can easily pierce them with a sharp knife. This is usually about 20 minutes.

Drain and serve.

## **Potato variations**

### **Roast Potatoes.**

Peel the potatoes in the usual way and par-boil them. (Parboil = boil for between 5 and ten minutes).

Then place the potatoes on an oiled roasting tray and roast in the oven at Gas Mark 6 for 40 minutes.

### **Jacket Potatoes**

See Jacket Potatoes<sup>8</sup>

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<sup>7</sup>[http://www.fairtradecookbook.org.uk/recipes/parsnip\\_nutty\\_bake.htm](http://www.fairtradecookbook.org.uk/recipes/parsnip_nutty_bake.htm)

<sup>8</sup>[http://www.fairtradecookbook.org.uk/recipes/jacket\\_potatoes.htm](http://www.fairtradecookbook.org.uk/recipes/jacket_potatoes.htm)