

Parsnip and Potato Puree

This recipe is a great way to incorporate other vegetables into familiar mashed potatoes. You may also use turnips, celery root, or cauliflower.

<u>U.S.</u>		<u>Metric</u>
1 lb	Parsnips, peeled, rough chop	453.6 g
1 lb	Potatoes, peeled, rough chop	453 g
4 cups	Vegetable Stock or Water	0.95 L
1/2 cup	Milk, 1%	118.3 mL
1 1/2 tsp	White Vinegar	7.5 mL
2 cloves	Garlic	2 cloves
2 Tbsp	Olive Oil	30 mL
2 sprigs	Rosemary, fresh, chopped	2 sprigs
3/4 tsp	Salt, Kosher	4.5 g
1/2 tsp	Black Pepper, ground	1.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Place chopped parsnips and potatoes in a pot with cold stock or water, cover, and bring to a boil. Cook until fork tender.
3. While vegetables are boiling, add the vinegar to the milk to create buttermilk.
4. When vegetables are done cooking, strain, and reserve liquid. Place all ingredients, minus the reserved liquid, into a blender or food processor. Process until smooth and creamy. Add reserved liquid as necessary if the puree is too dry.

Note: Do not over process the ingredients or the starch from the potatoes will cause the puree to become gummy.

Nutrition Facts	
Serving size	1/2 cup
Servings	4
Calories	190
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	2 mg
Sodium	265 mg
Carbohydrates	30 g
Dietary Fiber	6 g
Sugars	7 g
Protein	4 g
Vitamin A	10 %
Calcium	11 %
Vitamin C	50 %
Iron	6 %
Phosphorus	0 mg
