



www.goinglocal-info.com

Parsnip and Potato Mash

When you're looking for a change from the "same old" mashed potatoes, give this mash a try. Creamy and just a bit sweet, it will add a whole new dimension to your everyday meat and potatoes meals!

Two large baking potatoes, peeled and cut into ½ inch cubes
One pound of parsnips, peeled and cut into ½ inch cubes *
2 cups Trader's Point whole milk
1 cup homemade chicken stock or broth
Salt and Pepper to taste

Place the potatoes and parsnips in a large deep pot over medium high heat and add the milk and stock/broth.

Bring to a boil and lower to a simmer.

Cover the pot, leaving the lid a bit ajar to allow for some steam to escape, and simmer for about 30-40 minutes or until the vegetables are very soft.

Drain the vegetables, reserving about a half cup of the cooking liquid, and run the potatoes and parsnips through a potato ricer or mash them with a potato masher.

Add a tablespoon or two of the cooking liquid at a time until you get the consistency that you prefer.

Season to taste with salt and pepper.

Serve immediately.

Serves 4

Victoria Wesseler

*Note: If the parsnips are rather large, their inner core may be very fibrous and tough. If you encounter this, just remove the core and discard as you dice up the parsnip.