



Parsnip Purée

makes 6 servings | prep: 15 minutes | cook: 20 minutes

From *"Piatto Unico"* by Toni Lydecker, Lake Isle Press, 2011



Dara O'Brien

INGREDIENTS

10 medium parsnips (about 2 1/2 pounds),
peeled and cut into chunks
2 medium boiling potatoes, peeled and cut into chunks
sea salt or kosher salt
Freshly ground black pepper
1/8 teaspoon nutmeg
2 tablespoons unsalted butter, cut into bits
Up to 1/2 cup heavy cream or half-and-half

PREPARATION

1. Combine the parsnips and potatoes in a medium saucepan. Barely cover with water and add 1 teaspoon salt. Bring to a boil. Reduce the heat and simmer, partially covered, until very tender, about 15 minutes.
2. Drain the vegetables, reserving the liquid, and transfer them to a food processor bowl; process until smooth, adding some of the cooking liquid through the funnel (take care not to overdo it—the purée shouldn't be too soupy to hold its shape on a plate). Season to taste with the salt and pepper and add the nutmeg; process briefly to blend in the seasonings.
3. Fill the bottom of a double boiler with about an inch of water (you can improvise a double boiler by fitting a bowl or smaller saucepan into a larger one). Scrape the contents of the food processor bowl into the top of the double boiler. Over low heat, mix in bits of the butter until incorporated. Taste and add as much of the cream as you please.