



## FRESH TO YOU FUNDRAISER

Makes 4 servings

1/2 cup (125 ml) serving

### BC Parsnip Puree

#### Ingredients:

3 cups	Parsnip (about 4 medium), peeled and diced	454 g
2	Garlic Cloves, peeled and smashed	2
2 sprigs	Thyme, fresh, leaves stripped from the stem	2 sprigs
2 cups	Milk	500 ml
	Salt and Pepper, to taste	

#### Chef's Tip:

A puree is a wonderful way to add colourful vegetables to a dish. The puree can also be used as a sauce if thinned with milk.

#### BC Ag Fact:

Parsnips are a root vegetable so they grow underground. They require little maintenance but take 16 weeks or more to mature.

#### Preparation:

1. Combine all ingredients into a saucepot.
2. Simmer for 20 minutes or until parsnips are very tender.
3. Place solids into a blender and puree.
4. Add just enough liquid to achieve desired consistency. Discard any remaining liquid.
5. Return the puree to the pot and adjust seasoning.

