

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND



MASHED CARROTS AND PARSNIPS

Prepared by Norita Carlson and Ann Creaney,
Edible Academy Global Gardeners
Yield: 6 servings

Ingredients

- 1 pound carrots (3 to 4 large)
- 1 pound parsnips (about 4 to 6 medium)
- Salt and pepper, to taste
- 2 to 3 Tablespoons butter

Instructions

Peel and dice the carrots and parsnips. Place in a saucepan with cold, salted water just to cover. Bring to boil, then reduce heat and simmer gently until the vegetables are completely tender, 15 to 20 minutes. (Test them once or twice with a fork.)

Drain and add the butter to the pot. Mash with a potato masher to a coarse puree, and season with plenty of salt and black pepper.