



Creamed Parsnips with Wasabi

★★★★★

Vegetables

Prep Time: 5 minutes **Cook Time:** 15 minutes **Difficulty:** Easy **Servings:** 2 **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

2 large parsnips, peeled and cut into chunks
salt for the cooking water

1 oz. unsalted butter, softened and cubed

1/8 cup cream (approximately)

1 tablespoon wasabi paste

salt and pepper to taste

DESCRIPTION

This recipe is based on one published by Lucy Waverman in the Guardian. She says that this is great with roast chicken or another of her very good recipes: "[The Ultimate Brisket](#)".

DIRECTIONS

Cook parsnips in salted water over medium-high heat until tender, about 12 minutes. Drain and purée in a food processor while still warm. Add the butter, wasabi, and seasoning and spin again until it is incorporated.

Remove from the processor to a bowl and stir in enough cream so that the texture is similar to whipped mash potatoes. Cover with cling wrap and refrigerate until needed (a few hours or so).

When it is time to serve dinner, cover the parsnips with a plate and heat them in a microwave on sensor re-heat.

NOTES

Last Edited: Nov'23