

Parsnips

Before the potato was introduced in Europe in 1536 the lesser known parsnip was commonly cultivated. Parsnips provide an excellent source of vitamin C, fiber, folic acid, pantothenic acid, copper, and manganese.



Growing info: Parsnips mature over a long period of time. We sow seeds in mid-summer to harvest in fall. We just started growing them last year, and they turned out pretty good. We'll try planting them a little earlier this year to give them more time to fatten up.

Common Problems: See carrots.

TIPS:

Short-term Storage: Store dry roots in plastic in the refrigerator for a couple weeks.

Long-term Storage: Store in a cool humid place for months.

General Cooking Info: Parsnips are much maligned by many people. They can have a spongy texture that many people find unpleasant. The best way to utilize them in this case is to cook them by roasting, steaming, or boiling, and then pureeing into soup. Paired with rutabaga, leeks, greens, and potatoes, parsnips make an amazing soup. Their presence adds a nice earthy aroma.

Roasted Parsnips Recipe

Note that parsnips at the end of the season (February vs. November) can have a woodier center, which no amount of cooking can soften. If this is the case with your parsnips, you might want to cut some of the center part out and discard before cooking.

Ingredients

1 1/2 pounds of parsnips, peeled and cut into 2 1/2 inch batons
 4 teaspoons of extra virgin olive oil
 Salt and freshly ground pepper
 1/3 cup of stock - turkey stock, low-sodium chicken stock or vegetable broth (for vegetarian option)*
 3 Tbsp unsalted butter, softened
 4 teaspoons drained, bottled horseradish (how to make homemade horseradish)
 1/2 Tbsp finely chopped flat-leaf parsley
 1/2 Tbsp minced chives
 1/2 small garlic clove, minced.
 *If cooking gluten-free, use homemade stock or gluten-free packaged broth.

Method

1 Pre-heat oven to 400°F. In a large roasting pan, toss the parsnips with the olive oil, salt and pepper. (Use a roasting pan with sides no more than 2 inches high.) Add the broth, cover with aluminum foil and roast, stirring once or twice, until the parsnips are tender and the stock has evaporated or been absorbed, 20-45 minutes

(depending on how tender the parsnips are to begin with). Check often to avoid their getting mushy - especially if they are to be reheated later.

2 Combine the softened butter with the horseradish, parsley, chives and garlic and season with salt and pepper. Toss the warm roasted parsnips with the horseradish-herb butter and serve.

3 The parsnips (with the oil, salt, pepper, and broth) can be pre-cooked in a covered container in the microwave for 5 minutes. Transfer to oven to finish cooking in a much shorter time. You may want to uncover them to help evaporate the liquid when in the oven.

Serves 4.

Simplyrecipes.com

Butter-Fried Parsnips

Ingredients

6 parsnips, peeled and quartered lengthwise
 1/4 cup all-purpose flour for coating
 1/2 teaspoon seasoning salt
 1/2 cup butter, melted

Directions

1. In a large saucepan cover parsnips with water, cover and boil over medium-high heat until tender, about 10 minutes. Drain.
 2. In a plastic bag combine flour and seasoning salt. Dip parsnips in butter and place them in the

bag. Shake bag to coat parsnips with the seasoned flour.

3. Heat the butter in a large skillet over medium-high heat. When the butter starts to sizzle, add parsnips. Cook, turning occasionally, until all sides are golden brown.

Allrecipes.com

Orange-glazed Parsnips

9 medium parsnips
 water
 1 teaspoon salt
 2 tablespoons butter
 2 tablespoons honey
 1/2 teaspoon seasoned salt
 1/4 cup orange juice
 1/2 teaspoon orange peel – grated

Preparation:

Wash and peel parsnips. Cut into sticks about 1/4-inch thick. Cover with water in slow-cooking pot; add salt. Cover and cook on high for 2 to 4 hours or until tender. Drain. Meanwhile, in saucepan, melt butter, stir in honey, seasoned salt, orange juice, and peel. Heat to boiling. Pour over drained parsnips.