
Yukon Gold and Parsnip Mash

from a cooking class with Tarla Fallgatter, 2017



Servings: 9

1. Place potatoes and parsnips in a large pot. Cover with water. Add a tablespoon of salt and bring to a boil. Cook until potatoes and parsnips are tender. Drain. Put them back in the pot with butter and coarsely mash. Add creme fraiche, mascarpone, HALF the nutmeg, salt and pepper to taste.
2. Transfer to a serving dish and sprinkle remaining nutmeg on top. Serve immediately.

- 4 pounds Yukon Gold potatoes, or Russett**
- 1 pound parsnips, peeled, quartered lengthwise and cut in 2" pieces**
- 4 tablespoons butter**
- 8 ounces creme fraiche**
- 4 ounces mascarpone cheese**
- 1/2 teaspoon nutmeg, divided use**

Per Serving (excluding unknown items): 372 Calories; 18g Fat (44.6% calories from fat); 7g Protein; 45g Carbohydrate; 5g Dietary Fiber; 54mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com