

## Parsnip Puree

Erin French, *The Lost Kitchen Cookbook*



### Servings: 8

1. Put parsnips in medium saucepan, add cold water to cover, and season with salt. Bring to a boil, then reduce heat so the water simmers, and cook until just fork-tender, about 20 minutes.
2. Drain parsnips and transfer to a food processor. Add butter and pulse until melted. Pour in cream and process until very smooth. Taste and add salt if needed, though if your cooking water is well seasoned, you probably won't need more. Serve immediately or keep warm in a double boiler. Can also be made a day ahead and reheated in the microwave oven - be sure the center of the mound of parsnips is hot.

3 pounds parsnips, peeled, roughly chopped  
Salt

4 tablespoons unsalted butter

1/2 cup heavy cream, warmed

*Per Serving (excluding unknown items): 229*

*Calories; 12g Fat (43.8% calories from fat);*

*3g Protein; 31g Carbohydrate; 8g Dietary*

*Fiber; 32mg Cholesterol; 22mg Sodium; 9g*

*Total Sugars; trace Vitamin D; 73mg*

*Calcium; 1mg Iron; 654mg Potassium;*

*131mg Phosphorus. Exchanges: .*

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