

# bon appétit

## Parsnip Purée

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Parsnips are naturally sweet and not too starchy, which makes for an ultra-silky mash.

### Ingredients

8 Servings

1 pound parsnips,  
peeled, thinly sliced

2 garlic cloves, thinly  
sliced

½ cup heavy cream

½ cup whole milk

2 tablespoons  
unsalted butter

Kosher salt

### Preparation

Bring parsnips, garlic, cream, milk, and butter to a boil in a medium saucepan. Reduce heat, cover, and simmer until parsnips are very soft, 10–15 minutes. Uncover and cook until liquid is reduced by half, about 5 minutes; season with salt. Purée in a blender until smooth.

**DO AHEAD:** Purée can be made 1 day ahead. Let cool; cover and chill. Reheat over medium-low, stirring often.

Recipe by Naomi Pomeroy

Photograph by Christopher Testani

### Nutritional Content

Calories (kcal) 130 Fat (g) 9 Saturated Fat (g) 6 Cholesterol (mg) 30

Carbohydrates (g) 12 Dietary Fiber (g) 3 Total Sugars (g) 3 Protein (g)

2 Sodium (mg) 20