

Three Vegetable Purees

These three silky purees make luscious accompaniments to savory meat dishes, perfect for sopping up rich curries (page 260 and 262) and adding creaminess to a lean cut of beef (page 257). They're

dead-simple: you simmer vegetables with aromatics until they're so tender they begin to fall apart, then you whiz them in the blender and you're ready to serve.

PARSNIP-ALMOND PUREE

Makes about 4 cups

$\frac{1}{2}$ cup extra-virgin olive oil
5 garlic cloves, peeled
1 large shallot, roughly chopped

2½ teaspoons kosher salt
4 cups peeled, chopped (about 1 inch) parsnips (about 4 large)

$\frac{1}{2}$ cup nut milk, homemade (page 321) or store-bought
 $\frac{1}{3}$ cup raw almonds

MAKE THE PUREE

Heat the oil in a medium pot over medium heat until shimmery. Add the garlic, shallots, and salt and cook, stirring occasionally, until the shallots soften and brown at the edges, about 2 minutes. Add the parsnips, nut milk, and almonds along with 2 cups of water.

Increase the heat to high, bring the liquid to a boil, and reduce the heat to maintain a moderate simmer. Cook until the parsnips are so tender they start to fall apart and the nut milk has evaporated and only the translucent oil remains, about 20 minutes. Let cool slightly, then blend the mixture on high until silky smooth with little flecks of almond skin, about 3 minutes. Keep warm to serve.

Fully cooled, it keeps in an airtight container in the fridge for up to 3 days.