



JERNEJ KITCHEN

PARSNIP PURÉE WITH PEAR

Simply delicious, easy to make and done in under an hour.

SERVES 4 PEOPLE
PREPARATION: 50 MINUTES

PARSNIP PURÉE WITH PEAR

300 g parsnip, peeled

200 g full fat milk

1 bay leaf

1 ripe pear, peeled

1 tsp lemon juice, freshly squeezed

TOOLS AND EQUIPEMENT

medium saucepan

kitchen knife

cutting board

blender

COOK THE PARSNIP

Slice the peeled parsnip on small cubes. Put in a medium saucepan and add the milk, bay leaf and 100g (1/2 cup) water. Season with 1 teaspoon of sea salt and cook cover with a lid on low heat for about 30 - 40 minutes or until tender.

ADD THE PEAR AND BLEND

Peel your ripe pear, remove the seeds and cut in on small cubes. Remove the cooked parsnip from the heat, remove the bay leaf and pour the mixture into a blender. Add the pear and blend in a blender until super smooth. Season to taste with salt and pepper, add 1 teaspoon of freshly squeezed lemon juice and serve. Enjoy.

TIP

[You can also blend with an immersion blender.](#)