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Roasted salsify, parsnips and chantenay carrots



Ingredients

4-5 sticks of salsify
1 lemon
3-4 parsnips
300g chantenay carrots
1 tablespoon of olive oil
Salt and freshly milled black pepper
Maple syrup
A handful of fresh parsley

Preparation

1. 1. Preheat the oven to 200 degrees or 180 degrees fan oven.
2. 2. Fill a bowl with cold water and squeeze some lemon juice into it. Peel the salsify and cut each stick into 5 or 6 lengths, then drop them into the lemon water to avoid them becoming discoloured. Peel the parsnips and chop them into pieces of a similar length, then drop them into the water too. Wash the chantenay carrots
3. you don't need to peel them unless you want to. [I like the sweetness and size of these carrots, but ordinary carrots, peeled and chopped, will do fine.] Bring a pan of water to the boil and cook all of the vegetables together for 5 minutes.
4. 3. Heat the olive oil in a large roasting tin in the preheated oven. Drain the vegetables then stir them around in the tin to coat them with the oil, and roast on a high shelf for 25 minutes.
5. 4. After 25 minutes, stir the vegetables, season them well with salt and pepper and drizzle with maple syrup. Return to the oven for a further 15 minutes. Depending on your oven, you may want to turn up the heat to 210 degrees or 190 degrees fan oven at this point.
6. 5. Chop the parsley and sprinkle it over the vegetables for the last 5 minutes of roasting, giving it a final stir. Turn the soft, caramelised vegetables into a warmed serving bowl.

Cooks Note

Are you looking for some new ideas for vegetables to accompany your Christmas turkey this year? Well, why not try these colourful and tasty dishes to replace the usual boiled or steamed Brussel sprouts and carrots on your table this Christmas, or at any time of the year!
These recipes will make 4 portions.