

ROASTED HONEYED PARSNIPS WITH CUMIN



Easy



45 minutes



Side



04-06 Servings

INGREDIENTS

6 medium parsnips
115g good beef dripping,
duck/goose fat
salt and freshly milled black
pepper
2-4 tbsp clear honey
2 tsp ground cumin



COOKING STEPS

Peel the parsnips and top and tail. Split in half from top to tail, then cut into quarters leaving the core in and making sure they are nice and long.

Heat the dripping or fat in a baking tin in a hot oven, 200°C, Gas 6-7, for about 10 minutes. Meanwhile bring a pan of salted water to the boil, add the parsnips, bring back to the boil and simmer for a maximum of 1 minute.

Drain well, then carefully lay in the very hot dripping, season well with salt and pepper and return to the oven. Cook for 35 minutes, then carefully turn over and return to the oven for a further 30 minutes, until crispy on both sides.

Pour on the honey, sprinkle over the cumin and cook for a further 5 minutes to glaze. They will burn very quickly so keep an eye on them.

Serve piping hot and golden brown.