

FATE ROOT MASH

This is my variation of an old fashioned dish. It's very tasty and something that the whole family will enjoy as part of a roast dinner or served with a suitable low protein stew or casserole.

People who say they don't usually like vegetables such as parsnips and swede have admitted that it tastes delicious! So give it a try. The ingredients in the recipe are just a guide and in this quantity gives a good flavour, but you can use a variety of root vegetables, and vary the combination to suit what you have, or whatever is good in the shops.

Butternut squash works well in the recipe as well.

Ingredients:

500g Carrots, cut into chunks

500g Swede, peeled and cut into chunks

100g Parsnip, peeled and cut into chunks

200g onion, peeled and roughly sliced

2 tbsp oil

20g butter

Salt and pepper to season

Methods:

1. Place the carrots, swede and parsnip chunks into a saucepan, cover with cold water and add salt to season. Place over a medium heat and bring to the boil. Simmer until the vegetables are just tender but not too soft. Drain well.
2. Meanwhile, place a frying pan onto heat and add the oil. When it is hot, add the onion slices and stir. Leave to cook until golden brown, stirring occasionally.
3. Add the butter into the drained vegetables, and use a potato masher to crush them, but do not mash them too finely. It's good to have some small chunks left in to give the mash a nice texture.
4. Taste the root mash and then season well with salt and pepper.
5. Stir in the fried onions.
6. The root mash freezes well.

This recipe was provided by Fate low protein foods

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