



Peter's
Pan 



Written by @therealpeterspan

GOURMET
VIBES

CARROT & PARSNIP TART

Parsnip is a type of root vegetables that belongs to the carrot family. It originates from Eurasia (probably Mediterranean region), but it can be found in cool, temperate areas around the world today. Parsnip grows on the sandy or loamy, well-drained soil, exposed to direct sunlight.

Parsnip is rich source of dietary fibers, vitamin C, B1, B6, B9, K and E and minerals such as potassium, iron, calcium and copper. It can be consumed fresh (in the form of salads) or as ingredient of soups, stews, casseroles and various savory dishes like this tart below.

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INGREDIENTS: For the tart: 4 large carrots / 2 large parsnips / 2-3 cloves of roasted garlic / 1 sheet of shortcrust pastry / 1 tbsp of olive oil / Salt and pepper / For the carrot top salsa verde: 2 handfuls of carrot tops / 1 tablespoon dijon mustard / 3 tablespoons red wine vinegar / 8 tablespoons of extra virgin olive oil / green olives (pitted) – optional / Juice of half a lemon / 2 cloves of garlic / Salt and pepper

INSTRUCTIONS: 1. *Preheat the oven to 180C and bring a saucepan of water to the boil.* 2. While you're waiting for the water to heat up, begin preparing the vegetables. Using a vegetable peeler, *shave the carrots and 1 of the parsnips into ribbons.* You'll be left with a 'core', which you can't make ribbons from. Chop these into cubes and put them in the saucepan. *Chop the other parsnip into cubes as well and put this in the saucepan too.* 3. While the veg is boiling, *start creating the carrot and parsnip spirals* by wrapping the ribbons around one finger. The carrots will keep their shape easily but, where the parsnips are concerned, you will need to run the ribbons under the tap to wet them first. 4. When the *boiled veg is tender, remove from the heat and drain the water from the saucepan.* 5. *Mash the vegetables* with a potato masher and season well with salt and pepper. *Mash in the roasted garlic.* Leave to cool for 10 minutes. 6. While you're waiting, *place the sheet of shortcrust pastry* inside a 25cm flan tin and par-bake in the oven for 10 minutes. Remove from the oven and spoon in the cooled mashed veg, spreading it evenly over the base of the tart. 7. *Arrange your spirals inside the pastry case* – the mashed veg will help them to stay put. Drizzle with olive oil. 8. *Bake in the oven for 30 minutes* or until the vegetable spirals are tender. 9. *Put all the ingredients in a food processor or power blender and blitz until smooth.* Alternatively, you can make the salsa verde the traditional way – using a mortar and pestle. 10. *When the tart is cooked, serve immediately* with various salad leaves and the carrot top salsa verde.

