

PARSNIP, CARROT AND CAULIFLOWER MASH

(from the Bewitching Kitchen)

1 tablespoon butter + smear of olive oil
3 celery stalks, diced
1 small head of orange cauliflower, florets only
5 parsnips, cut in chunks
4 carrots, cut in chunks
salt and pepper (go heavy on the pepper)
2 cups water

Heat the butter and oil in a large pan, add the diced celery, season lightly with salt and pepper and cook until translucent and fragrant. Add all the other veggies and cook in medium-high heat stirring occasionally for a few minutes. If necessary, add a tiny amount of olive oil to prevent the veggies from scorching.

Add the two cups of water, season with salt and pepper again, and cover the pan. Simmer for 25 minutes in low-heat. When veggies are tender, remove them to a food processor, leaving most of the water behind. Process and add more water if too thick. Adjust seasoning, and serve right away.