



**Southland
Sweetness**
Sweet, fresh & tasty parsnips from cool Southern climates

Deliciously Sweet Recipe Idea



**Twice baked parsnip and parmesan soufflé
with Whitloof, pear and parsnip salad,
walnuts and rosemary honey dressing**

Recipe by Chef Marc Soper

So sweet. So fresh. So tasty!

For deliciously healthy recipe ideas,
visit www.sosweet.co.nz

Proudly, passionately grown
and packed by:



Ingredients: Soufflé - Makes 8

- 75g butter
- 60g flour
- 330ml milk
- 75g parmesan cheese grated
- 225g roasted parsnip puree, smooth
- 3 # 7 each free range egg yolks
- 5g thyme fresh chopped
- Salt and pepper
- 5 each # 7 free range egg whites
- 80g butter (crumbing)
- 50g polenta (crumbing)

Method

1. First butter ramekins, and line with polenta.
2. Make a roux with butter and flour, add milk and cook out till thick on medium heat.
3. Add parsnip puree, grated cheese and thyme. Mix in and season mixture and allow cooling slightly then add yolks and mix well.
4. Beat egg whites up to stiff peaks, and fold whites into the parsnip mixture gently.
5. Spoon mixture into the ramekins up the top and place into a water bath and cook at 190 Degrees C for 20 minutes. Rotate the tray half way through the cooking process.
6. When soufflés are cooked, remove from the oven and allow cooling slightly before turning out of the moulds onto grease proof paper.
7. Re cook at 170 degrees C in oven on paper lined tray for 10 minutes till they puff up.

Ingredients: Walnut soil

- 10g ground almond
- 30g walnuts,
- 15g plain flour
- 15g butter, melted
- Pinch flaky salt, to taste

Method

1. Blend all ingredients together, add melted butter at end and season lastly.
2. Spread on an oven tray and dry for 15 mins at 160°C

**Ingredients: Whitloof, pear and
parsnip salad**

- 3 medium So Sweet parsnips, peeled and cut into small batons
- ½ tbsp chopped fresh rosemary
- 30g butter
- 20ml canola oil
- Salt and pepper
- 4 heads Belgium endive, picked down
- ½ cup wild baby rocket
- 1 medium pear, cut into match sticks
- 40g blue cheese crumbled
- 1 baby rainbow beetroot, shaved super thin
- ¼ cup sultanas, soaked in earl grey tea
- 2 medium So Sweet parsnips, peeled shaved super thin and deep fry till crisp
- Fresh herbs

Dressing (as required)

- 50ml canola oil
- 15ml white wine vinegar
- 15g honey
- 5ml soy sauce
- ¼ tsp chopped fresh rosemary
- Salt and pepper as required

Method

1. First place parsnips in a suitable roasting dish lined with baking paper, season and add rosemary, oil and butter. Cover with foil and bake in oven 180 degrees c for 15 minutes till Parsnips soften, but not colour or break up. Let cool to room temperature.
2. Make salad dressing by placing all but oil and seasoning into a bowl, with a whisk add the oil slowly and mix to combine. Season lastly. (This will keep in fridges for a month)
3. Create salad with all ingredients once the parsnips have cooled. Plate up as you wish, I have finished the dish with the crisp parsnips so they don't get too soft.

When I have served the salad and soufflé, I've sprinkled over the walnut soil which adds as a great addition to the dish.

So sweet. So fresh. So tasty!

For deliciously healthy recipe ideas,
visit www.sosweet.co.nz

Proudly, passionately grown
and packed by:

