

---

## ROAST POTATOES AND BAKED PARSNIPS

---

### **Potatoes:**

*1 kg floury potatoes*  
*turmeric*

Preheat the oven to 220°C. Peel the potatoes and cut into big chunks. Put them in a large saucepan of boiling salted water, sprinkle in some turmeric and stir well. Bring back to the boil, then cover and simmer potatoes for 10 minutes.

*100g fat (olive or sunflower oil or lard)*  
*paprika*  
*sea salt*

Put the fat into a roasting tin, then transfer to the oven to heat through for 5 minutes. Drain the potatoes well in a colander and give them a gentle shake to roughen up the surfaces a bit.

Carefully tip potatoes into the hot fat in the roasting tin, tossing them to coat. Scatter with a light sprinkling of paprika and roast for about 45-55 minutes. Sprinkle with sea salt.

### **Parsnips:**

*450g parsnips*

Preheat the oven to 200°C. Peel the parsnips, quarter them lengthways and cut out the woody core. Blanch the parsnips in boiling salted water for 3 minutes, then drain well and shake off all the excess moisture.

*25g butter*  
*1 dessertspoon oil*  
*salt*

Put the fat in a roasting tin, transfer to the oven to heat through. Add the parsnips when the fat is sizzling. Coat the parsnips from all sides with fat. Bake for about 40 minutes, turning them over once during that time.