



## Carrot Parsnip Mash



Carrots and parsnips were found in cottage gardens around the 8th century. Easy to grow and easy to store during the winter, root vegetables were a staple in the Irish diet. This mash, like other Irish vegetables, is cooked simply and flavored with lots of butter.

**Prep:** 15 min   **Cook:** 25 min   **Total:** 45 min   **Servings:** 4

### Ingredients

A very easy to scale recipe, simply increase vegetable count and add more butter.

3 parts carrot (3 large)  
4 parts parsnip (4 large)  
2-6 T Kerrygold butter  
Salt/Pepper  
chopped parsley for topping

### Directions

- Chop carrots and parsnips and add to salted boiling water (two separate pots).
- Once tender (parsnips will take longer), add together in either mash or puree according to preference.
- Stir in butter and salt/pepper to taste.
- Serve with parsley on top.