

# Salted caramel parsnips

## Ingredients

1kg parsnip

3 tbsp. rapeseed oil

1 Cup caster sugar + ¼ cup water

large knob of butter

1 tsp. sea salt

## Method

1. Preheat oven to 220C/200C fan/gas 7.
2. Peel or scrub the parsnips, then slice into semi-circles cutting the bigger pieces in half again. Steam for 5 mins.
3. Meanwhile, pour the oil into a shallow roasting tin or a lipped baking tray and heat in the oven for 3 mins.
4. Remove the tin from the oven and carefully add the parsnips to the hot oil. Turn them to coat, and make sure they aren't overcrowded (otherwise they won't crisp up). Roast for 30-35 mins or until golden and crisp, turning them halfway through the cooking time.
5. About 10 mins before the parsnips are ready, tip the sugar and ¼ cup water into a small saucepan. Heat very gently until the sugar has dissolved. Turn up the heat and bring the liquid to the boil. Swirl the pan gently until the sugar reaches a rich, dark-reddish caramel colour, then remove from the heat. Add the butter and the salt whisking to remove any lumps. The caramel should be runny, so add a splash more water if needed. Pile the parsnips into a serving dish, then drizzle over the salted caramel.