

Pan Roasted Parsnips with Maitake Mushrooms and Hazelnuts

BY CHEF JEFF PATTON

PREP TIME:

15 minutes

COOK TIME:

15 minutes

YIELD:

2-4 servings

"In the dead of winter I often turn my focus from the bright colors of spring and summer to the deep earthen tones of the soil and the root vegetables growing underneath. This dish serves as a celebration of the unsung hero of winter, the parsnip." - Chef Jeff Patton



INGREDIENTS

- ½ cup toasted hazelnuts
- 3-4 parsnips
- 1 clove of garlic
- 1 sprig of thyme
- 4 oz maitake mushrooms
- 4 oz pearl onions
- 3 fl oz Sherry vinegar
- 1 tbsp Butter
- salt to taste
- cooking oil

INSTRUCTIONS

1. Peel your parsnips and cut into sticks about two inches long and ½ inch thick, they don't have to be perfect.
2. Use a 12-inch pan on high with about 2 tbsp of cooking oil. Once the oil starts to glisten and almost smoke, add the parsnips and pearl onions and season with salt. Stir the pan after about 30 seconds and reduce the heat to medium. Toss in the garlic, thyme and the mushrooms.
3. Stir the pan every 2-3 minutes to help the vegetables get evenly colored. That beautiful deep brown is what we want.
4. Once the vegetables are almost done and easy to cut with the side of a spoon, deglaze the pan with the sherry vinegar. Be careful, she will spit and bubble! Once the bubbles come down, stir in the butter off the heat and adjust seasoning.
5. Transfer the parsnips to a serving bowl, sprinkle with the hazelnuts. Bon Appetite!

