

Spicy Leek & Parsnip Balls

Since this week has turned rather Arctic weather-wise, we thought we'd go back to that wintery classic, parsnips: next to potatoes, they are probably our favourite vegetables in winter. That fragrant smell, the sticky sweetness... yum! Parsnip soup is a staple, as are mashed or roasted parsnips with your Sunday lunch; but try these interesting and tasty savoury balls: perfect with a curry, or as a canapé or starter with some cool dips such as tzatziki or raita.

Serves 2

400g parsnips, peeled & cubed
25g butter
1 clove garlic, crushed
½ tsp ground cumin
½ tsp ground coriander
pinch chilli flakes
¼ tsp turmeric
1 leek, thinly sliced
handful fresh coriander, chopped
1 tbsp plain flour
2-3 tbsp vegetable oil or ghee
salt & freshly ground black pepper



Bill Longshaw/www.freedigitalphotos.net

Boil or steam the parsnips in a saucepan for around 10 minutes, until tender; drain and mash. Melt the butter over a medium heat in a frying pan and add the crushed garlic and spices; cook, stirring, for a couple of minutes. Add the sliced leek and cook for another couple of minutes, until soft. Mix with the mashed parsnips, season well and gently stir in the chopped coriander. When cool, shape into balls using floured hands, and fry in vegetable oil in batches, until golden on all sides. Drain the balls on kitchen towel, and serve with a fresh green salad and soured cream.



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This week we love...

The Cotswold Pudding Company

New in our chiller is a range of glorious sticky puddings made by The Cotswold Pudding Company. They use local ingredients, including organic stoneground flour, unsalted farmhouse butter, free-range eggs and double cream. All their puds are handmade and are baked using traditional methods from their dedicated kitchen in the lovely Cotswold village of Poulton, just outside Cirencester.



The puds come in two sizes: 250g (£3-£3.10, for two people) and 500g (£4.40-£4.60, for four people) – if you can bear to share! Try one out this weekend:

Sticky Toffee

Sticky Lemon

Sticky Ginger

Sticky Chocolate

Chocolate Orange

Sticky Chocolate Pecan

Purton
Farm Shop



Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

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