

## Salt-dough Parsnips with Whipped Sage Butter



**Serves 4 - 6**

**Prep 15 mins**

**Cooking 55 mins**

**Easy**

### Ingredients

700g plain flour  
150g table salt  
1 tbsp paprika  
8 - 9 small parsnips (± 800g)

### Sage butter

125g unsalted butter, very soft  
20g sage, leaves picked  
4tbsp whole milk

1. Heat the oven to 180C/ Fan 160C/ Gas 4. Stir the flour, salt & paprika in a large bowl, pour in 250ml of water and mix until fully combined. Tip onto a work surface & knead until smooth. Add a little more flour if it seems too sticky - it should feel malleable.
2. Divide the dough evenly, so you have a piece for each parsnip, rolling into balls as you go. Take 1 ball of dough & flatten between your palms to make a disc about 1cm thick. Lay a parsnip in the middle & draw the dough up around it, pressing and spreading it to completely seal in the parsnip. Put onto a baking sheet and repeat with the others.
3. Bake in the oven for 55 mins, after which time the dough will have baked to a solid golden crust.
4. For the sage butter, heat a frying pan with 25g of the butter. Once foaming, add the sage & fry until crisp, turning over so they crisp evenly. Use tongs to lift the leaves onto a chopping board, shaking the excess butter back into the pan as you go. Chop the leaves finely & set aside.
5. Put the remaining butter in a bowl. Beat with electric beaters then gradually add the still-warm butter from the frying pan & beat until combined. Add 1 tbsp of the milk and beat until combined, starting slowly & building up speed so it doesn't fly everywhere. Keep adding the milk a little at a time until it's combined then gradually increase the speed to full power, whipping the butter until really light & fluffy. Add the chopped sage and beat briefly until combined.
6. Once the parsnips have baked, use a small, sharp knife to cut away the top edge of crust, revealing the soft parsnip below. Dot each parsnip with a little sage butter so it starts to melt & serve the rest at the table.
7. Remember to discard the baked dough at the end - it's inedible!