



HOME OF *American Rights*

Stewed Parsnips

To Stew Parsnips

Scrape them clean from the dirt, boil them tender, cut them into slices, put them into a saucepan, with cream enough for sauce, a piece of butter rolled in flour, a little salt, and shake the saucepan often.

When the cream boils, pout them into the plate for a corner-dish, or a side-dish at supper.

From Susannah Carter's "The Frugal Housewife", 1796

Adaptation:

6-8 Parsnips (about 1 lb)

2 tablespoons butter

2 Tbsp Flour

Salt

½ cup Cream

1. Fill a medium saucepan with 4 cups of water and bring to a boil over high heat. You may add a pinch of salt to the water, if you like.
2. Wash your parsnips and peel them, as you would a carrot. Cut them into coins, about ½ inch thick.
3. Boil the sliced parsnips in the saucepan until they are soft enough at the center to pierce with a fork, about 10 min. Drain them carefully, and return the parsnips to the saucepan over medium heat.
4. Cut the butter into small pieces and toss in flour, just enough to coat the pieces of butter.
5. Add butter and cream to the cooked parsnips. Stir the mixture constantly as the butter melts. The cream will begin to thicken. Add salt to taste and cook just until the cream boils, then remove from the heat. For a thicker cream sauce, add a little more flour or cook a little longer.
6. Serve hot and enjoy!

Note: This dish may be made with milk if you would like a lighter dish. If you make it with cream or whole milk, the dish will taste and feel more rich. If you make the dish with 2% or fat-free milk, the dish just won't be quite as rich.