



A LONG ESTABLISHED FAMILY FIRM

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The World's Finest Range Cookers

Veggie Bake

Ingredients

- 350g parsnips
- 350g carrots
- 350g sweet potato
- (Or a mix of the above, plus butternut squash, turnip, swede, celeriac, broccoli/cauliflower stems - use up what needs using up and make the total weight around 1050g or so!)
- 1 leek, sliced medium to fine
- 150ml veg stock, warm (not boiling)
- 300ml double cream
- Pecorino / parmesan hard cheese (optional)
- Seasoning

Method

- Wash (peel if you like, it's ok to leave the skin on the carrots, parsnip and sweet potato) then cut the carrots and parsnips in to 1-2cm long x 1cm (approx.) sticks and sweet potato (or other veg) into similar sticks or 1cm-1.5cm chunks.
- Mix with the leek and season well.
- Mix the cream and stock (make sure the stock isn't boiling / too hot).
- Put the veg in the small AGA ceramic roasting dish (or small roasting tin) and pour over the cream and stock mix.
- Sprinkle with the cheese (if you're using it).
- Bake for about 50 mins to an hour (until the veg is tender; it will shrink down a little as it cooks) then allow to cool for 5 minutes before serving.
(You can transfer to the simmering or warming oven [or secondary oven in Everhot at 105°C -115°C] to slow cook / keep warm until you're ready to serve.)

AGA (2, 3 and 4 oven): bake in the roasting oven on the grid shelf on the floor of the oven.

Everhot: (top / primary oven) set the shelf on the lowest position (on the floor or 1st up is ok) with the oven at 230°C - 240°C.

Conventional oven: 200°C - 220°C. **Fan oven:** 180°C - 200°C.