

High Barn Oils

The home of english linseed

Three Root Mash

Any time of year is the perfect time of year to enjoy this delicious three Root mash recipe. Serve it with a couple of fried eggs, some crispy bacon or a nice joint, or simply eat it on its own! This serves four people as a side dish, or two hungry people as a main dish.

Ingredients:

- 500g peeled chopped potatoes (the misshapen ones that you get in the supermarket as part of their economy lines are more than good enough!)
- Three carrots
- Three parsnips
- Freshly grated black pepper
- One tablespoon of High Barn Oils culinary linseed oil

Simply:

Cook the potatoes in one pan and the root vegetables in another until soft. Reserving a little of the liquid, strain the vegetables into one pan or bowl and thoroughly mash using a potato masher, or if you prefer a smoother consistency, use your food processor. Add the black pepper to taste and serve with the culinary linseed oil drizzled evenly over each portion.