

Parsnip patties

250 ml (1 cup) grated parsnip
60 ml (1/4 cup) red pepper, chopped
60 ml (1/4 cup) onion, chopped
1 egg
45 ml (3 tbsp) milk
125 ml (1/2 cup) flour
Salt and freshly ground pepper
15 ml (1 tbsp) oil

In medium bowl, beat egg. Stir in milk. Add flour and mix until combined.

Add parsnips, red pepper and onion. Mix well. Season with salt and freshly ground pepper.

Form into 4 patties.

In non-stick skillet, fry patties in oil over medium-low heat until golden brown on the outside, and cooked through.

Taste-tester notes: *These parsnip patties are really tasty and very different. The sweetness and intense flavour of parsnips comes through in this recipe. If desired, add 1 clove minced garlic along with red pepper and onions. Also, you may add a favourite herb to the mixture as well, such as 2.5 ml (1/2 tsp) dried dill weed. Season generously with salt and pepper. The cakes, fried at the recommended lower heat, take about 6 to 7 minutes per side. Serve warm.*