



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Casey's Root Vegetable Mash

Ingredients

- 4 each – carrots, parsnips, potatoes and turnips peeled and quartered.
- 4 cloves of garlic
- 1 tsp. salt
- 2 cups heavy cream
- ½ cup unsalted butter
- 2 stalks of fresh rosemary and thyme
- 2 bay leaves
- Additional salt and pepper to taste

Preparation

Place vegetables and garlic in a pot of cold water and season with salt. Bring to a boil and simmer until vegetables are softened, about 20 to 30 minutes.

Meanwhile, combine butter, heavy cream and herbs in a saucepan and heat over low to melt butter and draw out herb flavors. Once warm, remove from heat and cover.

Drain vegetables and return to pot. Mash until chunky, remove herb stems and bay leaves from heavy cream mixture, add to vegetables and mash further until smooth. Season to taste with salt and pepper. Serve.



For more information please visit - CaseyMaloneShow.com