

From our kitchen to yours



Root Vegetable Mash with Coriander

Courtesy of Diabetes Canada

PREP TIME: 10 min COOK TIME: 20 min TOTAL TIME: 30 min YIELDS: 8

Ingredients:

2	medium russet or Yukon Gold potatoes, peeled and cut into large pieces	1 tbsp	canola oil
		2 tbsp	coriander seeds
		4	dried red chiles (like chile de arbol), stems discarded
1	large sweet potatoe, peeled and cut into large pieces	1/4 cup	finely chopped cilantro
1	large parsnip, peeled and cut into large pieces	1/2 tsp	coarse kosher or sea salt

Directions:

In a large saucepan filled halfway with water, add potatoes, sweet potatoes, parsnips and turnip. Bring water to boil and then lower heat to medium and cook, partially covered, until vegetables are very tender, 15 to 20 minutes. Drain vegetables. Transfer them to medium bowl and coarsely mash. Cover mashed vegetables to keep warm.

While vegetables cook, in a small skillet, heat canola oil over medium-high heat. Add coriander and chiles and stir-fry until coriander seeds are reddish brown and chiles are blackened, about 1 minute. Turn off heat. Using slotted spoon, transfer chiles and coriander to mortar. Reserve spiced oil. Grind chilies and coriander with pestle, scraping spice blend into centre with spatula until it has consistency of finely ground black pepper.

Once vegetables are smashed, add reserved spiced oil into vegetables along with ground spice blend, cilantro and salt. Stir well to combine and serve warm.

