



# Winter Golden Mash

Season: Winter

From the garden: carrots, herbs eg. Rosemary, thyme, parsley, chives

Type: side-dish

Difficulty: Easy

Serves: 30 tastes / 8 adults

*Recipe source: Laura Cornelius*

<b>Equipment</b>	<b>Ingredients</b> ( does not have to be exact)
Large stockpot	400g Pumpkin
Chopping board x 3	400g Orange flesh kumera
Kitchen knife x 3	300g Swede
Peeler	400g Potato
Wooden spoon	300g Carrot
Measuring spoons	2-3 clove Garlic ( optional)
Colander	2 tsp Dijon mustard ( optional)
Potato masher	2 tsp salt
	30g chopped fresh Herbs
	Butter or olive oil ( optional)

## **How to make it:**

1. Gather all ingredients.
2. Wash vegetables and herbs. Pat dry with clean Tea towel.
3. Peel the vegetables if necessary, cutting out any bad bits.
4. Cut veg into similar sized pieces (so they finish cooking at the same time).
5. Put the veg into the big pot and fill with water to the level of the vegetables. Add salt, whole garlic and rosemary or thyme ( if using).
6. Bring to boil and simmer for 15 mins or until veg can be pricked easily with a fork.
7. Drain veg by pouring into a colander, making sure you keep the cooking liquid.
8. Add mustard and butter or oil if using, mash until smooth ( don't over mash - makes potatoes go 'greasy').
9. Add some cooking liquid approx. 1 cup. To get to desired consistency.
10. Stir in chopped herbs eg. Parsley or chives.
11. Taste - add salt, pepper, mustard until you are happy with the flavour.

Any root veg can be used, either one variety or a combination.

If serving with a liquidy sauce keep mash a little drier, if serving with dry food ( eg. Steak or sausages) you can make mash less dry by adding more cooking liquid or a little milk.