



LANCASHIRE PARSNIPS

PARSNIPS

One of the real joys of our local harvest of parsnips is that it quickly makes its ways to our kitchens. To many that may not sound like exciting news, but this humble root vegetable is a mainstay of some of our most popular dishes...a perennial favourite for its soft texture and fragrant, slightly sweet flavour.

Often thought of as a traditional addition to the classic Christmas roast, the parsnip has been satisfying appetites for a good 2000 years. In fact, it's been a staple food in European homes since Roman times when it was held in high esteem.

A good source of Vitamin C, fibre, folate and potassium, the parsnip is more than just a healthy addition to our diet...it's a surprisingly useful one too. In fact, many hundreds of years ago it was used as both a nutritious food and as a sweetener for dishes like cakes and jams.

The introduction of the potato and the increased availability of sugar saw its popularity wane. But today, it's very much back on the menu...an essential ingredient in many of our local favourites ...made all the more delicious because this tasty vegetable is one of Lancashire's most in-demand crops and arrives at our doors fresh from the fields.

Parsnips should be firm and dry. The likelihood of a parsnip having a tough, woody core seems to increase with size. Irregularly shaped parsnips won't taste any different but are a little fiddlier and more wasteful to prepare. Flavour and sweetness are increased by frost, so they're better harvested mid to late winter.

Parsnips are a great addition to hearty winter roasts, soups and stews. Young, small parsnips don't really need peeling, just scrub clean and serve. Older Parsnips should be peeled very thinly...if the central core is very fibrous, this should be cut away. Roasting or steaming are the best cooking methods (boiled parsnip can be a bit watery). Steam parsnip

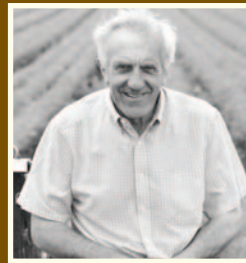
chunks until soft for 10 - 15 minutes. Roast parsnips in a moderate oven (180°C) - for chunks roast for around 20 minutes, for whole parsnips allow 30 - 40 minutes.

HUNTAPAC

Lancashire through and through, this family-run business is a deeply rooted local success story. Now in its third generation, the company was started in 1942, on the fertile plains of Holmes Tarleton, by the father of the current Chairman, William Hunter.

Cabbages and cauliflowers were the original crops but the growing popularity of carrots and parsnips soon added to sales...the silt lands beside Lancashire's Ribble Estuary proving perfect soil, particularly for producing, sweet-tasting parsnips.

Huntapac farms over 600 acres of parsnips in Lancashire alone, concentrating on 2 varieties - *Javelin F1 Hybrid*, one of the first British hybrids which has stood the test of time, producing smooth skin and slender good quality tapering roots. *Panache F1 Hybrid*, an excellent new hybrid with a vigorous sweet flavour, producing uniform smooth skinned roots, a good round shoulder, and creamy white flesh. Both of these varieties have a good level of resistance to Canker.



WILLIAM HUNTER ~ HUNTAPAC

Today, William and his sons, Managing Directors Warren and Jason Hunter, are still very much hands on farmers, harnessing their knowledge of the soil - from rich black moss to sandy silt - to help make Huntapac one of the country's top root vegetable producers.

Happily for us, our fresh and abundant supply of the pick of their crop is no more than minutes away!







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Mitton Road · Mitton · nr Whalley · Lancashire · BB7 9PQ
Tel 01254 826 888 www.thethreefishes.com



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The Highwayman · Burrow · Kirkby Lonsdale · Lancashire · LA6 2RJ
Tel 01524 273 338 www.highwaymaninn.co.uk



Billinge End Road · Pleasington · Blackburn · Lancashire · BB2 6QB
Tel 01254 201163 www.theclogandbillycock.com



Huntapac Produce Ltd · 293 Blackgate Lane · Holmes · Tarleton · Preston · PR4 6JJ
Tel 01772 814915 www.huntapac.co.uk