



Petite Parsnip Latkes + Spiced Apple-Pear Sauce + Cinnamon Sour Cream

By Erin Fletter

Prep Time 16 / Cook Time 9 / Serves 4 - 6

Shopping List

☐ FRESH

☐ 1 lb parsnips

☐ 2 green onions

☐ 2 apples

☐ 1 pear

☐ 1 lemon

☐ DAIRY AND EGG

☐ 4 eggs

☐ 1/2 C sour cream

☐ PANTRY

☐ 2 T all-purpose flour

☐ 2 1/8 tsp salt + more for sprinkling

☐ 1/2 tsp ground black pepper

☐ 1 C vegetable oil ** for frying

☐ 3 tsp pumpkin pie spice OR 1 1/4 tsp ground cinnamon + 1/2 tsp ground nutmeg + ground allspice + ground cloves + 1/4 tsp ground ginger

☐ 1/4 tsp ground cinnamon

☐ HAVE ON HAND

☐ water, if needed for apple-pear sauce

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

drop: to let a small amount of solid or liquid food drop into another food or onto a pan to cook, like dropping a spoonful of batter onto a baking sheet or skillet or letting a bit of extract or food coloring drop into a mixture.

fry: to cook in a pan in a small amount of fat.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

chop: to cut something into small, rough pieces using a blade.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

☐ Large skillet

☐ Large mixing bowl

☐ Grater or food processor

☐ Cutting board

☐ Kid-safe knife

☐ Measuring spoons

☐ Wooden spoon

☐ Liquid measuring cup

- ☐ Heat-resistant spatula turner
- ☐ Paper towels
- ☐ Large plate
- ☐ Small bowl
- ☐ Dry measuring cup
- ☐ Whisk
- ☐ Saucepan
- ☐ Medium mixing bowl
- ☐ Grater

Ingredients

Petite Parsnip Latkes

- ☐ 1 lb parsnips
- ☐ 2 green onions
- ☐ 2 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 4 large eggs ******(for EGG ALLERGY sub 1/4 C Spiced Apple-Pear Sauce OR 1/4 C prepared applesauce + a bit of water as needed)******
- ☐ 2 tsp salt + more for sprinkling
- ☐ 1/2 tsp ground black pepper
- ☐ 1 C vegetable oil****** for frying

Spiced Apple-Pear Sauce

- ☐ 2 apples
- ☐ 1 pear
- ☐ 3 tsp pumpkin pie spice OR 1 1/4 tsp ground cinnamon + 1/2 tsp ground nutmeg + allspice + cloves + 1/4 ground ginger
- ☐ 1 T fresh lemon juice
- ☐ 1 pinch salt
- ☐ water, if needed

Cinnamon Sour Cream

□ 1/2 C sour cream ******(Omit recipe for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)******

□ 1/4 tsp ground cinnamon

Food Allergen Substitutions

Petite Parsnip Latkes

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Egg: For 4 large eggs, substitute 1/4 C Spiced Apple-Pear Sauce OR 1/4 C prepared applesauce + a bit of water as needed.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Spiced Apple-Pear Sauce

Cinnamon Sour Cream

Dairy: Omit recipe or substitute dairy-free/nut-free sour cream.

Instructions

Petite Parsnip Latkes

intro

"Shalom," which can mean "Peace," "Hello," and "Goodbye" in Hebrew. Latkes (LOT-kehs) or potato pancakes are traditionally eaten during Hanukkah, a Jewish festival celebrated for eight days in December.

scrub + grate + chop

Scrub **1 pound of parsnips** (no need to peel) and coarsely grate them with a large grater or food processor. Chop **2 green onions** (use white and green parts). Combine in a large mixing bowl and set to the side.

whisk + add + stir

Whisk together **4 large eggs** and add **2 teaspoons salt** and **1/2 teaspoon black pepper**. Add to the bowl with the parsnips and green onions, along with **2 tablespoons of flour** and stir well.

heat + drop + flatten

Heat enough **vegetable oil** to generously cover the bottom of a frying pan and then, once the oil is hot, carefully drop roughly **1 tablespoon of the parsnip mixture** in the pan and flatten it with a spatula. Continue dropping tablespoons of latke mixture about 2 1/2 inches apart in the pan, flattening each as

soon as you drop it into the pan.

fry + rest + sprinkle

Fry the latkes about 2 minutes on each side until golden brown. Remove each and let them rest on a paper-towel-lined plate to soak up excess oil. Sprinkle with a tiny bit of salt before serving if desired. Serve with **Spiced Apple-Pear Sauce** and **Cinnamon Sour Cream**! "Ze ta'im" (Zeh tah-EEM) or "It's delicious" in Hebrew!

Spiced Apple-Pear Sauce

chop + juice + sprinkle

Chop or grate **2 apples** and **1 pear** and combine in a medium mixing bowl. Squeeze **1 tablespoon of lemon juice** over the fruit and sprinkle with **3 teaspoons of pumpkin pie spice** and **1 pinch of salt**.

heat + stir + spoon

Add the fruit to a saucepan on your stovetop and heat to medium, stirring the fruit until it bubbles gently and softens, about 5 minutes. Add a touch of water, if the fruit seems too dry. Once the fruit has softened, use a spoon to transfer it to a serving bowl and set to the side. It's delicious with **Petite Parsnip Latkes** and **Cinnamon Sour Cream**!

Cinnamon Sour Cream

measure + whisk

Measure and add **1/2 cup sour cream** and **1/4 teaspoon cinnamon** to a small bowl. Whisk until smooth. Try it on top of **Petite Parsnip Latkes** and **Spiced Apple-Pear Sauce**!

Featured Ingredient: Parsnip!

Hi! I'm Parsnip!

"What's shaped like a carrot, looks like a carrot, and cooks up like a carrot, but isn't orange and doesn't taste like a carrot? Parsnips! I'm a root vegetable and a close relative of the carrot, but I have an ivory or yellow-cream hue with a sweet, nutty, peppery flavor. While not nearly as popular as my cousins, I used to be quite popular with everyone."

History & Etymology

Parsnips are root vegetables native to Eurasia (the landmass that includes Europe and Asia).

Parsnips are believed to have been grown by the ancient Romans. However, some confusion exists about whether they were parsnips or carrots because both vegetables were called "pastinaca" in Latin, and carrots were white or purple then.

Because of their sugar content, parsnips were used as a sweetening agent before cane sugar was imported

to Europe in large amounts.

British colonists introduced parsnips to the United States in the 17th century. In the middle of the 19th century, potatoes took their place as a starchy food staple.

The Guinness World Record for the longest parsnip belongs to Joe Atherton from Malvern in Worcestershire, England. He grew a parsnip in September 2017 that was over 21 feet long!

The word "parsnip" is from the late Middle English "passenep," (influenced by the word "nepe" for "turnip" because it was mistakenly thought to be a type of turnip), from the Old French "pasnaie," from the Latin "pastinaca" (related to "pastinare," meaning to "dig and trench the ground").

Anatomy

Parsnips (*Pastinaca sativa*) are from the Umbelliferae family, named for its umbrella-like flower clusters. Other common members of this family include celery, carrots, and parsley.

The parsnip plant is biennial, which means it blooms in its second year and then dies afterward. They have a long growing period, and roots are ready for harvest about 16 weeks after planting.

Near-freezing temperatures will cause the starch in the parsnips to change to sugar, giving them a stronger and sweeter taste.

The leaves and shoots of the plant have a sap that can cause skin and eye irritation, so gloves are recommended when handling the plants.

Parsnip plants are vulnerable to damage by the larvae of various winged insects, diseases, fungi, and viruses.

Wild parsnip plants are considered an invasive species in non-native areas.

How to Pick, Buy, & Eat

If growing parsnips in your garden, pick them when the root is at least one inch in diameter. In the grocery store, look for small to medium-sized parsnips that are firm, not limp or shriveled. They should be without blemishes, cracks, or cuts. If they still have their tops, those should be fresh and green.

Store unwashed parsnips in a cold, dark place with high humidity, like the crisper drawer in your refrigerator.

Parsnips can be eaten raw but most commonly are cooked. They are sweeter when cooked.

There's no need to peel parsnips; just scrub the skin with a brush, trim top and root end, and cook.

You can cook with parsnips in the same way you cook with carrots or potatoes. They can be baked, boiled, fried, grilled, roasted, or steamed. They can be chopped and added to soups and stews. They can be puréed, like mashed potatoes. Grated parsnips can replace potatoes in latkes (potato pancakes).

Nutrition

Parsnips are high in fiber, vitamins, antioxidants, and minerals, especially potassium. Since many of these nutrients are close to the skin, it is best to scrub the parsnips rather than peel their skin.

They are good for the heart because of their vitamin C and folate content; however, vitamin C can be lost in cooking water.

The antioxidants in parsnips may offer protection against cancer and inflammation. Their fiber content can help aid in digestion and lower blood cholesterol levels.