



Warm Roast Parsnip and Apple Salad with Endive Heart and Hazelnut Oil

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INGREDIENTS

700g Virgara's Garden parsnips
 3 Ashbourne Valley Orchards apples or pears
 1 large-hearted Patlin Gardens or Food Forest endive lettuce
 olive oil
 macrobiotic sea salt
 freshly ground white pepper
 1tsp cinnamon
 tarragon vinegar
 Harding's hazelnut oil

METHOD

Heat oven to 200* +
 Peel or scrub parsnips with a scourer
 Slice parsnips into rounds an inch thick if large or leave whole if small and thin
 Quarter apples or pears
 Wash endive and drain
 Toss parsnips and fruit in olive oil, sea salt, white pepper and cinnamon
 Roast till edges are caramelized and cooked in centre
 In a large salad bowl, place picked, washed endive hearts, roast parsnips and toss
 Add a splash of tarragon vinegar and hazelnut oil - check seasoning
 Arrange on a platter.

**Fantastic aside a lamb or pork roast
 Makes a fab entrée finished with a dollop of fresh goat's curd**

ASFM SHOPPING LIST

Ingredients

Vinegar

Stallholders

[Mountain Fresh Fruit Juices](#) (site 17), [Woodside Cheese Wrights](#) (site 14)

Oils

[Woodside Cheese Wrights](#) (site 14); [The Passionate Foodie](#) (site 42);
[Bald Hills Olive Grove](#) (site 83), [Harding's Fine Foods](#) (site 38),
[Patlin Gardens](#) (site 71), [Virgara's Garden](#) (site 50), Rodger Fryer (site 52)

Parsnips and lettuce

[Patlin Gardens](#) (site 71), [Virgara's Garden](#) (site 50), [N&M Tsimklis](#) (site 56-58), B&A Andonopoulos (site 68), Golden BC (site 78-79), [Hart's Vegetables](#) (site 80-81), Alnda Farms (site 84), [The Food Forest](#) (site 64, fortnightly)

Apples and pears

[Ashbourne Valley Orchards](#) (site 60), [McLaren Vale Orchards](#) (site 45),
 Otherwood Orchard (site 73), [The Wild Apple](#) (site 90), [Kalangadoo Organic](#)
 (site 86), [The Food Forest](#) (site 64, fortnightly)