



photo Miche Fabre Lewin



## A Kitchen Ritual

all ingredients organic  
servings for four people  
(20) indicates approx cooking time

### PARSNIPS IN FRESH LEAF CORIANDER

4 parsnips (or carrots)  
large handful of fresh coriander  
virgin olive oil 1tbsp.

Scrub parsnips with vegetable brush  
cut in diagonal lengths  
trim stalks off coriander leaves

oil bottom of pot with olive oil & seal parsnips  
on a medium/high flame  
cover pot & cook on medium flame (20) till softened  
& translucent stirring occasionally  
combine cooked parsnips with whole leaves of fresh  
coriander leaves  
Serve in hand-made dish

for further kitchen rituals contact:  
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