

One of my favourite accompaniments to a roast and I always pile far too many on my plate. This is the perfect recipe if, like me, you always end up with leftovers, then the first stage is done! Honey perfectly enhances the natural sweetness of the parsnips and the combination lends itself brilliantly to cake. I hope you enjoy this as much as I do. It's great in winter months with a big mug of tea.

# HONEY ROAST PARSNIP



## INGREDIENTS:

### CAKE

Up to 250-300g parsnip  
 – approx. 180g after  
 peeling and cutting  
 2 tbsp honey  
 2 tbsp milk  
 110g baking spread  
 175g light soft brown  
 sugar, sifted  
 175g self-raising flour  
 3 large eggs  
 1 tsp baking powder

### ICING:

125g mascarpone  
 2 tbsp icing sugar, plus  
 extra for dusting  
 4-6 tbsp honey

### TOPPING:

Parsnip crisps (optional)

## METHOD

Pre-heat the oven to 200c/180 fan/gas mark 6. Peel and chop the parsnips, as you would for a roast, then lightly oil (most work but don't use one with a strong olive flavour, for example) and place them on a baking tray. Roast for 40-45 minutes, drizzling 1 tbsp honey over for the last 10 minutes, until they are cooked through and very golden at the edges. Leave to cool for 5-10 minutes then transfer to a food processor and add 1 tbsp honey. Blitz for about 30 seconds, scrape down the sides, add 2 tbsp milk and blitz again until you have a coarse 'puree' – it does not need to be perfectly smooth. You should end up with about 130-140g of puree.

Grease and line 2 x 18cm sandwich tins and turn the oven down to 170c/150 fan/gas mark 3. Put all of the cake ingredients, including the parsnip puree, into a large bowl and mix using an electric whisk until thoroughly, but just, combined. It will be a slightly thicker mixture than a normal sponge cake and you'll be able to see little flecks of parsnip. Divide the mixture evenly between the tins and bake for 25-30 minutes until they have risen and spring back to the touch. Leave in the tins for a minute or so, run a knife around the edges and turn onto a cooling rack. Peel off the lining paper and leave to cool completely.

Beat together the mascarpone, icing sugar and 2 tbsp honey until just combined, smooth and thick. Spread 1-2 tbsp honey onto each cake, then the mascarpone on top of one. Put the other cake, honey side down, on top of the mascarpone and dust the top of the cake with a little icing sugar. Top with parsnip crisps, if using.

The cake will keep well, in the fridge, for 2-3 days – but eat all the parsnip crisps before storing! Make sure you bring it back to room temperature to eat.

## CHEAT

Use ready bought honey roast parsnips and just cook as per packet instructions (about 120g cooked weight). Not quite the same but would work.