

Roasted Carrots & Parsnips with Shallot Herb Butter

*Carolyn T's
Cookbook*

Servings: 6

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Description: You may want to eat this as a main course after eating it once.

1. Position a rack in the center of the oven and heat the oven to 450 degrees.
2. Cut the carrots and parsnips into 2 1/2 inch matchsticks, about 1/4 inch width. Put them in a large bowl; toss with the oil, then sprinkle with salt and pepper and toss again.
3. Transfer vegetables to a 10 x 13 inch pyrex dish and roast, stirring ever 15 minutes, until nicely browned, about 40-45 minutes.
4. Meanwhile, make the compound butter: combine the butter, shallot, chives, rosemary, thyme and garlic in a small bowl and stir well. Add butter to the roasted vegetables and toss them to coat well. Serve immediately.

5 large carrots, peeled
4 large parsnips, peeled
3 tablespoons extra virgin olive oil
1 1/2 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper
COMPOUND BUTTER:
1/4 cup unsalted butter
2 tablespoons shallots, minced
2 tablespoons chives, minced
1 1/2 teaspoons rosemary, minced
1 1/2 teaspoons thyme, minced
1 clove garlic, minced

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 272 Calories;
15g Fat (47.6% calories from fat); 3g Protein; 35g
Carbohydrate; 10g Dietary Fiber; 21mg Cholesterol;
508mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2
Vegetable; 3 Fat.*