**Irish Parsnip Cakes**

**Season:** Spring  
**Type:** Main  
**Difficulty:** Medium  
**Serves:** 6 or 15 tastes  
**Fresh from the garden:** parsnip, egg  
**Recipe source:** www.cdkitchen

**What to do:**
- Peel and slice the parsnips and boil in salted water until tender
- Drain and mash well
- Add flour, nutmeg, melted butter, salt and pepper, then form into small flat round cakes
- Process bread to make breadcrumbs
- Beat egg
- Dip cakes into beaten egg and then breadcrumbs
- Place a small amount of oil in frypan and cook cakes until golden brown on both sides

**Ingredients:**
- 500 grams parsnip
- 2 tablespoons flour
- 1 pinch nutmeg
- 2 tablespoons melted butter
- Salt and pepper
- 1 large egg
- 6 slices bread to make breadcrumbs
- Olive oil, for frying

**Equipment:**
- Scales
- Chopping board
- Knives
- Vegetable peeler
- Saucepan
- Masher
- Spoon measures
- Kitchen whiz
- Frypan
- Egg flip