



ZBIGNIEW BZDAK/CHICAGO TRIBUNE; JOAN MORAVEK/FOOD STYLING

Hats off to parsnips

Parsnip family reunion



LEAH ESKIN
Home on the Range

Family gatherings come in all sizes, and ours is XS. Mom, her three, our spouses and children make 14. One tableful.

Mom decided we would celebrate Ben's 50th, though the date had come and gone. She declared it Margo's 50th too, though hers was a year away.

Mom had ordered hats, and ordered us to wear them. Laila slid the plush white chicken over her hair, letting its yellow legs dangle below her shoulders. She rocked that chicken. The rest of us snapped into goldfish, panda, elephant.

We turned up the music, slurped down the jello shots; we retold bad jokes and good stories. We scraped our chairs around one table for salmon, lamb and couscous. Also parsnips, who had convened their own family reunion, inviting in their cousins carrots, parsley and cumin. They wore sauce.

Hats askew, we sang "Happy Birthday," twice, and lit 100 candles. We all breathed in, leaned in and gazed into the glow. Our gathering didn't seem small, but vast and brilliant.

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Prep: 20 minutes **Cook:** 30 minutes

Makes: 4 to 6 servings

This savory (and slightly sweet) side dish unites parsnips, carrots, parsley and cumin, all members of the Apiaceae family.

- 1 pound small parsnips (about 8), peeled, trimmed
- 1 pound carrots (about 6), peeled, trimmed
- 1 clove garlic
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground cumin
- 6 tablespoons fresh orange juice
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- 3 tablespoons unsalted butter
- 1/2 cup finely chopped parsley

1 Boil: Bring a large pot of salted water to a boil. Add whole parsnips and carrots. Cook until tender (test by poking with a fork), 15-17 minutes.

2 Mash: Meanwhile, using a mortar and pestle (or heavy knife) smash together garlic, salt, pepper and cumin. Whisk together with orange juice, oil and lemon juice. Set aside.

3 Slice: When vegetables are cooked, drain. Note: Small parsnips should have tender cores about the diameter of a pencil. If you find wide, woody cores, slice the parsnip lengthwise, cut out and discard the core. Slice parsnips and carrots crosswise on the diagonal into 1/4-inch-thick ovals.

4 Caramelize: Set a wide skillet (or two) over medium heat. Melt in butter. Slide in sliced parsnips and carrots. Cook, turning now and then, until most of the slices have turned golden brown, about 8 minutes.

5 Deglaze: Pour in the orange juice mixture. Reduce heat to low; cook, tossing, 1 minute.

6 Serve: Slide everything into a serving dish. Sprinkle with parsley (and more salt and pepper if need be). Enjoy at room temperature.

Book solves the mystery of Philly mustard cocktail

BY MARISSA CONRAD
Chicago Tribune

Mustard in a cocktail? Go home, you're drunk.

Except lunch was my first stop of the day in Philadelphia, so I was dead sober when I ordered the Colonel Mustard in the Library with a Dagger at then-new restaurant V Street.

Mostly, how could I pass up that name? But also, the restaurant was the sequel to Vedge, the vegan spot from Rich Landau and Kate Jacoby that had already been up for two James Beard Awards. I trusted the bartenders knew enough not to put a mustard drink on the menu unless they were really, really sure about it.

It arrived bright yellow, with the pungent odor of a well-dressed hot dog. Was I really sure about this? Too late; bottoms up. And just like that, I was in love.

The mustard may smell ripe, but it's thinned out in a syrup made with agave nectar, among other ingredients. Mind you, nothing about this drink is sweet, and the mustard flavor is very present. But you also taste the gin (a hearty London dry) and the crisp, slightly bitter Cocchi Americano, two spirits that play like best pals with the savory syrup.

I ordered the Colonel Mustard every time I went back to V Street. And now, luckily for me, it's featured in the restaurant's new cookbook. Colonel Mustard in the Kitchen with My Cocktail Shaker — I think I just won the game.

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Colonel Mustard in the Library with a Dagger

Prep: 5 minutes **Makes:** 1 cocktail

From "V Street: 100 Globe-Hopping Plates on the Cutting Edge of Vegetable Cooking" (William Morrow, \$27.99).

- 1 ounce London dry gin, Beefeater preferred
- 1 ounce Cocchi Americano
- 1/2 ounce lemon juice
- 1 ounce mustard syrup (below)
- 1/2 ounce orange liqueur, Cointreau preferred
- Pickle, for garnish

Pour all ingredients except the pickle into an empty cocktail shaker. Fill with ice, close shaker, and shake hard for 12 seconds. Double-strain into a Collins glass filled with fresh ice. Garnish with a pickle.

Mustard syrup

Combine 1/2 cup diced white onion with 1/4 cup water in a medium saucepan over low heat; cook until onions become translucent, about 20 minutes. Add 1/2 cup agave nectar, 1/2 cup Dijon mustard, 1/2 teaspoon caraway seeds, 1/2 teaspoon turmeric and 2 tablespoons sherry vinegar along with 1/3 cup water; simmer, 10 minutes. Remove from heat, strain carefully, and allow liquid to cool fully before transferring to an airtight container. Store in the refrigerator for up to 1 week. **Makes:** 1 1/2 cups



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