

Sean L's Carrots and Neeps Recipe

Ingredients:

- 3 medium carrots, peeled and chopped
- 1 medium neep (swede/rutabaga), peeled and chopped into chunks
- 2 tablespoons butter
- 1-2 tablespoons double cream or milk (optional, for extra creaminess)
- Salt and pepper to taste
- Freshly chopped parsley (optional, for garnish)

Instructions:

1. Prepare the vegetables:

- Peel and chop the carrots into even-sized chunks.
- Peel the neep and chop it into slightly larger chunks (as neeps take longer to cook).

2. Boil the vegetables:

- Place the chopped carrots and neep in a large pot of salted water.
- Bring to a boil and let it simmer for about 20–30 minutes, or until both vegetables are tender when pierced with a fork.

3. Drain and mash:

- Drain the vegetables well and return them to the pot.
- Add butter, salt, and pepper.
- Mash the mixture using a potato masher or fork until it's smooth or slightly chunky, depending on your preference.
- If you like a creamier mash, add 1-2 tablespoons of cream or milk and continue mashing.

4. Serve:

- Taste and adjust seasoning (add more salt or pepper if needed).
- Optionally, garnish with freshly chopped parsley for a bit of color.

Tips:

- **Roasting option:** For a richer flavor, you can roast the carrots and neeps instead of boiling them. Toss them in oil, roast at 200°C (400°F) for about 35–45 minutes, and then mash with butter.
- **Flavor variations:** You can add a pinch of nutmeg or thyme for a more aromatic twist.