



Local food for local people

**Hallwood Farm
Petrockstowe
Okehampton
EX20 3HP**

Phone: 01837 811762
Mobile: 07831 186269
Email: kelsey.kelsey@btconnect.com
www.hallwoodfreshveg.co.uk

SPICED MASHED SWEDE (JILL DUPLEIXS)

This is a lovely recipe recommended by our 'foodie'/ex chef/delivery driver, Ian!

SERVES 4

1 large swede, peeled and chopped * 40gm Butter * 1 tspn Ground Cumin * 1 tspn Mustard Seeds
* 1 tspn Ground Ginger * 1 tspn Ground Tumeric * 100ml Milk

Cook the swede in simmering salted water until tender, drain and return to the pan and mash with butter and spices until smooth then beat in the milk, salt and plenty of black pepper

You can use half swede half parsnip and/or carrots even.



Local food for local people

**Hallwood Farm
Petrockstowe
Okehampton
EX20 3HP**

Phone: 01837 811762
Mobile: 07831 186269
Email: kelsey.kelsey@btconnect.com
www.hallwoodfreshveg.co.uk

SPICED MASHED SWEDE (JILL DUPLEIXS)

This is a lovely recipe recommended by our 'foodie'/ex chef/delivery driver, Ian!

SERVES 4

1 large swede, peeled and chopped * 40gm Butter * 1 tspn Ground Cumin * 1 tspn Mustard Seeds
* 1 tspn Ground Ginger * 1 tspn Ground Tumeric * 100ml Milk

Cook the swede in simmering salted water until tender, drain and return to the pan and mash with butter and spices until smooth then beat in the milk, salt and plenty of black pepper

You can use half swede half parsnip and/or carrots even.



Local food for local people

**Hallwood Farm
Petrockstowe
Okehampton
EX20 3HP**

Phone: 01837 811762
Mobile: 07831 186269
Email: kelsey.kelsey@btconnect.com
www.hallwoodfreshveg.co.uk

SPICED MASHED SWEDE (JILL DUPLEIXS)

This is a lovely recipe recommended by our 'foodie'/ex chef/delivery driver, Ian!

SERVES 4

1 large swede, peeled and chopped * 40gm Butter * 1 tspn Ground Cumin * 1 tspn Mustard Seeds
* 1 tspn Ground Ginger * 1 tspn Ground Tumeric * 100ml Milk

Cook the swede in simmering salted water until tender, drain and return to the pan and mash with butter and spices until smooth then beat in the milk, salt and plenty of black pepper

You can use half swede half parsnip and/or carrots even.