

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 18 – Julienne of Root Vegetables

**Preparation time: 10 mins – Cooking time: 10 mins**

#### Ingredients

1 small white turnip  
2 carrots  
¼ of a yellow turnip  
2 stalks of celery  
salt and pepper  
1 teaspoon of sugar  
knob of butter  
½ pint of cold water

#### Method

1. Peel all the vegetables including the celery, as this takes the string out of it.
2. Cut into thin baton shapes about 1 inch long.
3. Place all the chopped vegetables in a pot with the sugar, the knob of butter and salt and pepper.
4. Add the cold water (nb/ In order to retain maximum flavour, the cold water should not cover the vegetables)
5. Cover with lid, bring to the boil and simmer for 10 minutes.
6. A good guide is that root vegetables are cooked in cold water, vegetables grown above the ground are cooked in boiling water.

Serves 3

