

Buttered Swede Purée



Serves 2-3



30 minutes



Winter



Swede



INGREDIENTS:

- 1 medium or 500 g Swede
- 2 tbsp unsalted butter
- ¼ cup milk
- Salt and pepper to taste

METHOD:

1. Peel the swede and cut it into 2 cm cubes.
2. Place the swede cubes in a pot and add water until it just covers the pieces. Cover the pot and bring to a boil. Reduce the heat and simmer for 15-20 minutes, or until the swede is soft enough to be easily pierced with a fork.
3. Remove the pot from the heat and drain the water using a strainer.
4. Return the swede to the pot and cook on a low heat for 1-3 minutes to remove any remaining moisture.

5. Keeping on low heat, add the milk and butter to the pot. Season with salt and pepper.
6. Use a hand blender to mash the swede thoroughly.
7. Remove the pot from the heat.
8. Taste the purée and adjust the seasoning as needed.
9. Serve the buttered swede purée hot as a side dish with meat or vegetable roast, baked salmon, stews, or casseroles.

TIPS:

- You can also use a food processor or a potato masher to blend the swede. Note that using a potato masher will result in a chunkier purée.
- You can swap swede with other root vegetables like turnip, parsnips, or carrots.
- To make this dish vegan friendly, you can swap butter with margarine and milk with any plant-based milk.
- For additional flavour you can add herbs like chives and parsley.
- For baby-friendly swede purée, make slight adjustments to the recipe such as avoiding salt and pepper and adding fruits like apple and pear for natural sweetness.
- Add a crunchy texture by topping the purée with toasted nuts and seeds.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.