



## ROASTED CARROTS AND PARSNIPS

### Wine pairing: VQA Rosé

Roasted root vegetables, including these carrots and parsnips, don't need to be complicated to be delicious. Adding Chinese five-spice powder—a blend of cinnamon, cloves, fennel, star anise and Sichuan peppercorns—lends complexity to this dish, but you can leave it out if you prefer.

Serves 6 to 8

Prep Time: 10 minutes

Cook Time: 45 minutes

1 lb (450 g) peeled and diced carrots (2 to 3 large)  
1 lb (450 g) peeled and diced parsnips (3 to 4 large)  
3 Tbsp (45 mL) olive oil  
1 ½ tsp (4.5 g) Chinese five-spice powder  
Salt and pepper

1. Preheat the oven to 350 °F (180 °C). Have ready a 12-cup (3 L) baking or casserole dish.
2. Toss the carrots and parsnips with the oil, Chinese five-spice powder and salt and pepper. Spread the vegetables in the baking dish and cover with the lid, parchment or aluminum foil.
3. Roast the vegetables for 20 minutes, and then remove the lid (or foil) and roast for another 20 to 25 minutes, stirring occasionally, until the vegetables are tender when pierced with a fork. Serve immediately.

**Make Ahead Tip** - You can peel and cut the carrots and parsnips a day ahead of time, toss them with the oil, spice, and salt and pepper and then chill them in a resealable bag or an airtight container until you're ready to roast them.

**Helpful Hint** - Carrots and parsnips can be a challenge to cut because they are thick at one end and thin at the other, which means the pieces might roast unevenly. I use a type of paysanne cut called a rolling cut. Place your whole, peeled carrot on the cutting board and cut chunks at an angle across the diameter, rotating the carrot as you cut, so that no two pieces are the same shape, yet they are all about the same size. This style sits nicely in the roasting pan and on your dinner plate.



### TO MAKE WITH US

#### Tools:

Cutting board  
Vegetable peeler  
Chef's knife  
12-cup casserole or other baking dish

#### Ingredients:

As specified

#### Suggested Wines:

Pelee Island Winery 2020 LOLA Cabernet Franc Rosé

Cave Spring Vineyard 2020 Dry Rosé