Parsnip Chips

**Ingredients**

- 1.5 kg **Parsnips**
- 1 TBS. chopped **Rosemary**
- 1 large clove **Garlic**, chopped
- **Salt & Pepper**
- 2 tsp. **mustard powder**
- 1 tsp. **cayenne pepper**
- 1 cup **plain flour**

**Equipment**

- Frying pan
- Chopping Board & nonslip mat
- Knives
- Peeler
- Measuring spoons
- Large pot for blanching
- Tongs
- Flat tray for flour/spice mix
- Serving plate with tongs

**Method**

1. Collect all ingredients and equipment
2. Place a large pot of water on to boil
3. Peel parsnips
4. Peel and chop garlic
5. Pick and chop rosemary
6. When the water has come to the boil, place the parsnips in
7. Boil for 5 mins
8. Remove parsnips from the water and drain/cool
9. When cool slice into strips
10. Mix the flour with the rosemary, spices and salt & pepper
11. Toss the parsnip slices in the flour mix
12. Heat a frying pan over medium heat and add little oil
13. Place the flour coated parsnip chips to the pan cooking gently until golden. Turn and cook other side until golden
14. Continue with this process until all chips are cooked
15. Keep warm on a clean tray in the oven
16. Serve on plates with tongs