

A SENSE OF SPAIN

RECIPE



Saffron Potato and Parsnip Mash with Smoked Paprika

SERVINGS: 4-6

Ingredients

- 2 lbs. potatoes (russet or Yukon gold)
- 1 lb. parsnips
- 2 ea. fresh or dried bay leaves
- pinch saffron threads
- 3/4 c. milk (can substitute plant-based milk)
- 1/4 c. melted butter or ghee
- 1/4 c. olive oil, divided
- 1/4 t. smoked paprika (Pimentón de la Vera)
- Kosher salt and cracked black pepper

Directions

1. Scrub and peel the potatoes and parsnips and cut into 1" pieces. Place in a large pot of salted water (water should cover the vegetables by about 1") and add bay leaves. Bring to a boil and cook until vegetables are tender (a paring knife can be slipped into and out of center of potatoes with very little resistance), approx. 15-20 minutes. Drain and return to pot, removing bay leaves.
2. While vegetables are boiling, crush and steep saffron threads in 2 T. hot water. A mortar and pestle work great for this, but any small dish will do. Warm the milk in a small pot and whisk in melted butter and saffron water.
3. Pour saffron mixture over drained vegetables in the pot and mash with a potato masher until smooth. (For an even smoother texture, put vegetables through a ricer or food mill first, then combine with saffron mixture.) Once all is mashed and liquid is absorbed, season to taste with salt and pepper. With a hand mixer, blend in all but 1 T. of the olive oil and check seasonings again.
4. Transfer to a serving bowl, sprinkle with paprika, and drizzle with remaining 1 T. olive oil.

SOURCE: Adapted from The Kitchenista Diaries

Safrante saffron and La Dalia smoked paprika are available in the Meadows Museum Gift Shop. Smoked paprika (pimentón) comes in sweet and hot varieties; we used sweet in this recipe, but the hot should work equally well if it's your preference.

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