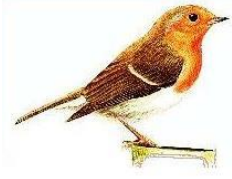


# BRIDPORT and DISTRICT ALLOTMENTS SOCIETY

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## **Creamy parsnip, leek and white bean crumble (Serves 4)**

6 leeks (about 750g, trimmed, washed and cut into 4 cm lengths)  
4 parsnips (2 peeled and chopped, 2 coarsely grated)  
2 tbsps. olive oil  
3 sprigs thyme leaves  
Salt and black pepper  
200 ml crème fraîche  
2 garlic cloves, peeled and finely chopped  
Zest of 1 lemon  
1 tsp cider vinegar  
75 ml vegetable stock  
1 x 400g tin of white haricot beans (drained) – I have successfully substituted sweetcorn in place of this.

### *For the crumble topping*

50g jumbo rolled oats  
30g cold butter  
45g plain flour  
20g pumpkin seeds (or sunflower seeds)  
20g grated parmesan

Heat the oven to 200 C/180 C – fan/gas 6

Toss the leeks and chopped parsnips with olive oil in pie dish or roasting tin. Sprinkle over the leaves from 2 thyme sprigs and season well. Roast for 35 mins until the leeks are soft and buttery and the parsnips are soft all the way through.

Meanwhile mix all but 50 g of the grated parsnip in a bowl with the crème fraîche, chopped garlic, lemon zest, cider vinegar, stock and haricot beans. Season if needed.

In a separate bowl, make the crumble topping. Rub the oats, butter, flour and pumpkin seeds together with the remaining grated parsnip and thyme leaves. Chill in the fridge until needed.

Once the leeks and parsnips have softened, remove from the oven and mix with the bean and crème fraîche mix.

Remove the crumble topping from the fridge, sprinkle it over the filling, top with the grated parmesan and return to the oven for 30 minutes.

Serve with warm crusty bread and lemon-dressed salad or greens.

Thanks to Anna Jones, Guardian Feast Magazine for this tasty recipe.