



Turnip Mashed Potatoes

Serves 4-6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer's market produce, while covering culinary lessons like food safety and classical French techniques. Currently Chef Raquel is running a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for at Hall Neighborhood House, YMCA Ralphola Center, LifeBridge/FreshConnections, senior centers and for the 7 Bridgeport Farmers markets. She also developed and taught the programming for the CREATE Culinary Training program. Chef Raquel is a pending board member of the Bridgeport Food Policy Council and a member of the Bridgeport Farmers Market Collaborative.

Ingredients:

3 large potatoes, peeled,
diced 1 large turnips,
peeled, diced
2 Tablespoons unsalted butter or olive
oil 1 Tablespoons of olive oil
¼ cup of plain yogurt, Greek preferable
¼ cup sour cream
Salt and pepper, to taste



Directions:

1. Add potatoes and turnips to a pot and cover with cold water by 2 inches. Add 1 Tbs. of salt and bring to a boil. Cook until potatoes and turnips are fork tender.
2. Drain water and return potato and turnips to pot. Cover and steam for 5 minutes.
3. Remove cover and mash potatoes and turnips with a potato masher. Add butter, olive oil yogurt and sour cream while starches are still warm. Adjust seasoning with salt and pepper and serve.

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

www.apinchofsalt.com

Raquel@apinchofsalt.com