

## Root Mash with Braised Shallots

*A Young Chefs® Academy Recipe*

Ingredients	Equipment
<p><b><u>For the braised shallots:</u></b>                      2 Tbsp. olive oil                      1 lb. shallots, peeled and left whole (about 10-12)                      2 cups vegetable stock                      2 Tbsp. red wine vinegar                      2 bay leaves                      1 tsp black peppercorns                      4 sprigs of thyme                      1 Tbsp. sugar                      ¾ tsp salt                      2 Tbsp. butter</p> <p><b><u>For the root mash:</u></b>                      ½ large celery root, peeled and cut into bite-size chunks                      2 large carrots, peeled and cut into bite-size chunks                      ½ winter squash, such as acorn or kabocha, peeled and cut into chunks                      2 sweet potatoes, peeled and cut into bite-size chunks                      1-2 Tbsp. olive oil                      Salt and black pepper, to taste</p> <p>2 Tbsp. maple syrup                      1 ½ tsp ground cumin                      2 Tbsp. butter</p>	<p>Sheet pan                      Nonstick cooking spray                      Large saucepan                      Measuring cups/spoons                      Wooden spoon                      Strainer                      Whisk                      Knife                      Cutting board                      Fork                      Vegetable peeler                      Potato masher</p>

### Let's Get Cooking!

1. Preheat the oven to 425°F. Lightly spray a sheet pan with nonstick cooking spray. Set aside.
2. In a saucepan set over high heat, add the olive oil. Once the oil is hot, add the shallots and cook until they are browned all over, about 5 minutes.
3. Add the stock, vinegar, bay leaves, peppercorns, thyme, sugar and salt. Cover, reduce the heat to medium-low and cook for about an hour.
4. After an hour, remove the lid, increase the heat to medium-high and bring to a boil. Boil for about 8 minutes or until the liquid has reduced by half. Remove the shallots using a slotted spoon and set aside. Remove pan from the heat and stir in the butter. Keep both the shallots and the cooking liquid in a warm place, not over direct heat.
5. Add the celery root, carrots, squash and sweet potatoes to the sheet pan in a single layer. Toss with olive oil, salt and pepper. Cook until vegetables are fork tender, about 30-40 minutes.
6. Transfer the roasted vegetables to a mixing bowl and mash using a potato masher. Add the maple syrup, cumin, butter, salt and pepper to taste.
7. When ready to serve, place a spoonful of the root mash on a plate and top with a few of the braised shallots. Spoon some of the shallot cooking liquid over the top. Serve while still warm.

**Notes for the YCA Test Kitchen Chefs:** *Chef Rachel's Favorite! #6 ~ We tested using an immersion blender, but had to add a little more vegetable stock. Flavors are wonderful!*

**Yield:** *about 4-6 servings*

