

Root Mash with Braised Shallots

A Young Chefs® Academy Recipe

Ingredients	Equipment
<p><u>For the braised shallots:</u> 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><u>For the root mash:</u> 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*

