



## Recipe 2 – Dehydration

*Parsnip chips with Sechuan Buttons® sugar*

### Servings

Two

### Ingredients

- 300 g Caster sugar
- 1 punnet Sechuan Buttons®
- 400 g Parsnip

### Equipment

- 1 x High speed blender
- 1 x Speedy peeler
- 1 x Medium saucepan
- 1 x Bowl iced water
- 1 x Half gastro tray
- 1 x Parchment lined baking tray
- 1 x Dehydrator (not essential)
- 4 x Airtight containers to take away (if desired)

### Method

- Preheat the oven to 50°C / fan 30°C.
- Place the sugar and Sechuan Buttons® into a high speed blender – Nutribullet, Thermomix or Vitamix style. Blitz until it forms a powder. It will get looser then clump together slightly – at this stage stop blitzing.
- Set the sugar aside in a gastro tray. (Please note if the sugar mixture is moist it may be best to lay onto parchment paper, dry out then blitz again until dry – dehydrator or oven.
- Peel the parsnip and discard the outer layer; then continue to peel the parsnip with a speedy peeler until you have a pile of peelings.
- Blanch the peelings for 30 seconds then drop straight into iced water. Drain and gently pat dry with kitchen paper until almost dry.
- Lay the peelings onto the Sechuan Buttons® sugar tray and press down lightly then flip over a repeat – you're just wanting to coat the blanched parsnip in the sugar.
- Transfer to parchment lined tray and place in the oven, leaving the door slightly open – you want the moisture to evaporate away and if you leave the door shut, this won't happen. Bake for 8–10 hours until dried.
- Remove from the oven and allow to cool, before dusting with the remaining sugar and serving straightaway.
- You can keep the parsnip chips in an air tight container with a silica gel pouch for up to one week. You can keep any remaining sugar in a sealable container in the fridge for up to two weeks.