

Mashed Turnips

Ingredients

10 or 12 large turnips; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

Method

Pare the turnips, quarter them, and put them into boiling water, salted in the above proportion; boil them until tender; then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through the colander, and put them into a very clean saucepan; add the butter, white pepper, or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well mixed with them, and the turnips are thoroughly hot; dish, and serve. A little cream or milk added after the turnips are pressed through the colander, is an improvement to both the colour and flavour of this vegetable.

Source: Mrs Beeton's Book of Household Management (1861)

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