

# VEGETABLE CRISPS

Serves: 4

Preparation Time: 10 mins

Cooking Time: 25 mins



## INGREDIENTS

1 potato, peeled or washed thoroughly  
1 parsnip, peeled  
1/2 small pumpkin/squash, peeled  
1 beetroot, peeled  
1 carrot, peeled or washed thoroughly  
Salt  
Vegetable oil



## EQUIPMENT

Vegetable peeler

Chopping board

Frying pan

Kitchen towel

Knife

Tea towel

Stove



## METHOD

1. Pour the vegetable oil into a frying pan until at least an inch from the bottom.
2. Turn on the gas and allow the oil to heat up until the oil bubbles when a piece of vegetable is put in it.
3. Slice all vegetables as thinly as possible, or use a vegetable peeler, experimenting with sizes and shapes.
4. Spread the sliced vegetables on a tea towel and rub them dry.
5. Batch by batch, fry the vegetables until they start creasing and become golden (or in the case of beetroot and squash, a shade darker).
6. Lift the coloured crisps out of the oil and dry with kitchen towel.
7. Sprinkle with salt and store in an airtight container.

