

Baked Harvest Vegetables

Contributed by
Sunday, 04 May 2008

4 cups varietal non-sparkling white wine or pink grape juice

3 cups unpeeled yams cut into 1½-inch chunks

3 cups carrots, cut into 1½-inch slices

3 cups parsnips, cut into 1½-inch slices

3 cups onions, cut into 1½-inch wedges

2 cups water

3 cups celery, cut into 1½-inch slices

1/3 cup water

5 Tbsp. arrowroot

¼ cup fresh parsley, minced

Preheat oven to 450 degrees F. Place the first 6 ingredients into a stainless steel or cast iron pot. Cover with a tight fitting lid and bake for 60 minutes. Add celery. Continue baking for 30 minutes more. Remove from oven. Place pot on medium heat on stove and bring to a boil. Mix 1/3 cup water and arrowroot together until smooth. Pour into vegetable mixture, stirring constantly until it thickens and becomes clear. Remove from heat. Garnish with fresh parsley