

# "Secrets from the Kitchen "

## The Perfect Roasted Root Vegetables

Serves 6/8

This is my Favourite way to do Vegetables especially if they are still slightly Al dente ! I use Goose fat in this recipe , it gives such a stonking flavour.

### Ingredients

#### Root vegetables

- 6 Large carrots
- 6 Parsnips
- 5 large Red Onions
- 4 leeks
- 5 Raw Beetroot
- 2 garlic Bulbs

Pre hat the oven to Gas mark 8 or 220/230 electric ovens

Start off by washing and peeling the vegetables, then cut them in to nice bug chunks or however big you would like them. Do not take the root part of the onion off as it will hold it altogether Also just cut the whole garlic in to quarters leaving the shell on.

Roughly chop up the Rosemary and Thyme

#### Herbs

- Rosemary
- Thyme

Pour a cup of the goose fat into the roasting try and bring to heat until it is slightly smoking .

#### Maldon Salt

#### Cracked Black Pepper

Add the Vegetables to the hot goose fat being very careful that you do not burn yourself and give them a good toss around so that they all get a covering .

#### Goose Fat

#### X1 large Roasting Pan

Place the vegetables in to the oven and roast for approx 20minutes keep checking them to make sure they are going nice and crispy.

Serve and watch your guests drool! over the perfect roasted vegetables

Enjoy!!!!