Elizabethan Parsnip and Marigolds in Orange juice
Serves 3 - 4

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1 and half cups of Orange juice
1 teaspoon of dried Orange peel
1 Tablespoon of butter
1 tablespoon of dried Marigold petals
Eighth of a teaspoon of Cinnamon
1 teaspoon of honey
1 pound of parsnips, scraped and cut into eighth of an inch discs
Beurre manie 1 tablespoon of flour blended into 1 tablespoon of butter

Garnish: Orange slices

1) In a large saucepan, combine all ingredients except parsnips and *beurre manie* Stir and bring to the boil
2) Add Parsnips. Cover and reduce the heat to medium.
3) Cook for 35 minutes or until parsnips are tender but firm
4) Remove parsnips with a slotted spoon
5) Bring liquid in the pot to a fast boil. Add *beurre manie* stirring rapidly with a wire whisk until sauce thickens. Check seasoning.
6) Replace parsnips in pot and toss to coat.
7) Place in serving and garnish with Orange slices.
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