



Local food for local people

**Hallwood Farm
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SAUTEED JERUSALEM ARTICHOKE WITH PINE NUTS

Ingredients

Serves 4

250g Jerusalem Artichokes
2 tablespoons olive oil
2 cloves garlic, peeled & crushed
½ inch fresh ginger root, finely grated
Handful pine nuts

Method

1. Peel the artichokes (as far as you can!) with a potato peeler or scrape with a sharp knife. If the skins look good, just give them a good scrub, instead.
2. Boil in a large pan for about 15 minutes, until soft. Drain well.
3. Heat a large frying pan with no oil. Add the pine nuts and toast for 2-3 minutes, turning often, until they start to brown. Remove from the heat and set to one side.
4. Heat the oil in the frying pan and gently cook the garlic and ginger. You want it to cook without browning.
5. Add the artichokes and stir well to coat with the seasonings. Sauté for 5 minutes, stirring regularly.
6. Add the pine nuts and mix well. Season with salt and pepper to taste.

General cooking tips overleaf



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General cooking tips overleaf

This vegetable is often confused with root ginger, yet the two couldn't be much more different. Jerusalem Artichoke has a tasty nutty flavour and is one of the best non-meat sources of iron, so it's well worth trying.

You can peel if you want to but I don't usually bother, I just give them a good scrub/scrape.

Boil or steam whole for 15-20mins until tender or slice (in which case add some lemon juice to the water to stop discolouring) then cook for just 5-10 minutes.

Roast like potatoes or sauté

Artichokes make fabulous soup mixed with carrots and or potatoes.

This one was taken from Mrs Beetons classic cookbook....

Mode - Boil the artichokes gently until tender; drain and press the water from them, and beat them up with a fork. When thoroughly mashed and free from lumps, put them into a saucepan with the butter and a seasoning of white pepper and salt; keep stirring over the fire until the artichokes are quite hot, and serve*

**We don't suggest you do this one over the woodburner.*

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