

Jerusalem Artichokes (Sunchokes)

HOW TO CHOOSE AND STORE

Buy tubers with the least knobs to make preparation easier. Look for average sized, clean, firm tubers. Avoid any sprouted, diseased, or bruised roots. Store in the fridge, keep dry and loosely wrapped.

HOW TO USE AND EAT

Jerusalem artichokes are very versatile vegetables. They can be eaten raw in salads or boiled, mashed, roasted, or sautéed. Do not overcook, as they turn soft and mushy rather quickly. Using lemon or vinegar in cooking water will reduce discoloration from the iron content. Eating too many raw can give a lot of 'gas'.



Sunchoke Soup

- 2 tablespoons unsalted butter
- 1 cup chopped onion
- 2 celery stalks, chopped
- 2 large garlic cloves, chopped
- 2 pounds Sunchokes, peeled cut into chunks
- 1 quart chicken/or vegetable stock
- Salt and black pepper to taste

Sauté the onions & celery until soft not brown, then add the garlic, sauté for 1 minute. Sprinkle with salt. Put the stock into a pot and add the sunchokes and sautéed veg. Cook until soft (45-60 min) Blend the soup by what ever means you prefer, taking care not to burn yourself. (blender, immersion blender, food mill) Add salt and pepper to taste.

Roasted Sunchokes

Preheat oven to 400 F. Thoroughly clean your tubers, peeling is optional. Cut into even 1-2 inch pieces, place in a bowl. Add seasonings (salt and pepper, minced garlic, chives, parsley, onion, herbs) and oil of choice (2-4 TBSP depending on amount of tubers). Toss and place in an oven safe shallow pan. Don't over crowd the pieces. Cook 20-30 minutes until tender.

Creamy Sage and Sunchoke Dip

- 1 lb sunchokes scrubbed and chopped into small pieces
- 2 Tablespoons vegetable oil of choice
- 2 teaspoons coarse sea salt, to taste
- 1/2 cup creamy cheese of choice
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons of water, adjust to desired consistency
- 1/4 teaspoon coarse salt
- 1/4 teaspoon coarse-ground black pepper
- 10 whole fresh sage leaves, washed and stems discarded

1. Preheat the oven to 400F. Cover a cookie sheet with parchment, a nonstick pad, or lightly greased tinfoil. Set aside.
2. In a large bowl, toss the chopped sunchokes with the oil to coat.
3. Spread them evenly on the cookie sheet and sprinkle with sea salt
4. Roast for 25 minutes, or until tender.
5. Let the sunchokes cool slightly before transferring them to a food processor. Pulse a few times to chop them into smaller pieces.
6. Add the cheese, lemon juice, water, salt, pepper and sage leaves and process until smooth.
7. Adjust seasonings to taste before serving